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FASTIN® RAPID RELEASE

CLINICALLY
PROVEN
WEIGHT LOSS
PRODUCTS!

HI-TECH's Most Advanced Weight Loss Aid Ever Developed!



Rapid Release Caplets!







FASTIN



HI-TECH'S

FITNESS MODEL
JULIANA DANIELL







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HI-TECH's REVOLUTIONARY WEIGHT LOSS Aid -**OVER 100 MILLION DOSAGES SOLD!**†

The Fastin Family of Weight Loss and Energy Aids are the top selling diet aids in the country for one reason...They Work!!! When Fastin® was introduced it quickly became the fastest growing weight loss aid on the market! Fastin® is a true "feel good" product, whose Stimulant effects are rapid, yet exceptionally smooth and clean. So with Fastin® you can lose Weight while you ride a good mood, high-energy wave throughout the entire day! Fastin® is unlike anything you have ever tried and will help you Lose Weight and Feel Great!+



FASTIN®-XR CLINICALLY PROVEN (150% stronger than 10mg Ephedrine) STRONGER FOR BOOSTING THE METABOLIC RATE THAN EPHEDRINE!

Fastin®-XR (Extended Release) was subsequently launched based upon Hi-Tech's Exclusive, Clinically-Studied, Phenylethylamine Alkaloids derived from Acacia Rigidula (Thermo-Rx®). The findings from Hi-Tech's randomized, double-blind, placebo controlled study showed convincingly that Acacia Rigidula promotes significant increases in Resting Energy Expenditure (Metabolism)(12%+) still evident 3 hrs post ingestion. The clinical study on Thermo-Rx® showed an astounding increase in resting metabolic rate that was superior to the findings of previous studies which reported that 10 to 30mg ephedrine - once believed to be the Gold Standard of Weight Loss compounds - increased energy expenditure by 6.6% to 10% (Versus 12%+ Acacia). Thermo-Rx® combined with all the other components in Fastin®-XR was shown in the same double-blind, placebo controlled study to elevate Energy Expenditure (Metabolism) 371% when compared against Caffeine at 3hrs post ingestion and 871% over Placebo at its highest point. Therefore, Fastin®-XR was shown to increase Metabolism more than DOUBLE that of 10 mg Ephedrine in past studies (150% stronger than Ephedrine)!



FASTIN® RAPID RELEASES GROUND-BREAKING FAT LOSS AND WEIGHT LOSS STUDY!

The powerful Fastin®-RR (Rapid Release) weight loss formula is the 3rd in the Trilogy of America's Strongest Weight Loss and Energy Aids! Fastin®-RR has been clinically proven in one clinical study to provide unparalleled increases in Metabolism. Furthermore, see the results below of the second Eight (8) week Ground-breaking double-blind, placebo controlled study on Fastin Rapid Release!

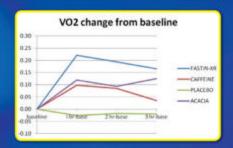




- Fastin®-RR users lost 208% more WEIGHT and 385% MORE FAT than placebo and 167% more than the Caffeine group!
- Fastin®-RR was shown to elevate Energy Expenditure (Metabolism) 22.1 % in 45 Minutes when compared against Placebo and was (66% stronger than 30mg Ephedrine and 152% stronger than 10mg Ephedrine)!
- Fastin®-RR users saw an Incredible 16.6 % increase in Resting Energy Expenditure (Metabolism) over the first 3 hours with an increase of over 14.5% in Energy Uptake over the entire 6 hours!

In this landmark study Fastin®-RR (Rapid Release Caplets) was clinically shown to Burn FAT for 6+ Hours. These findings indicate that resting energy expenditure is significantly enhanced with Fastin®-RR. These findings also indicate that Fastin®-RR produced a substantial shift in energy substrate utilization with significantly greater levels of fat oxidation than placebo or caffeine!+

The Fastin Family of novel Weight Loss and Energy Aids are unlike anything you have ever tried and will help you Lose Weight and Feel Great!†



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GIVE YOUR WEIGHT LOSS
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WITH GREATER
BIO-AVAILABILITY FOR
UPLIFTED ENERGY AND
INCREASED FOCUS, ROXY**
GIVES THAT EXTRA KICK
NEEDED FOR MAXIMUM FAT
BURNING, FAST.*†















Our models work hard! Emily goes through the workout and gets ready for her cover shot.



Check out behind-the-scenes footage of our poolside photo shoot with this month's cover model, fitness expert Emily Skye. See how a magazine workout photo shoot is executed, watch her get prepped and pretty, and learn more about Emily in our exclusive interview with this Aussie beauty. Visit muscleandfitnesshers.com/emily-skye-video to catch all the action!



WIN A GREAT GRILL!

Enter our summer sweeps for a chance to score a brand-new grill from Coyote! One lucky reader will win the Coyote Outdoor Living CCX2-FS "Grill-in-a-Box," valued at \$1,199. This 28-inch grill features interior hood lights and improved heat-control grids, and is equipped with two high-performance Coyote iBurners, adding up to 640 square inches of cooking surface and up to 40,000 BTU. Enter at muscleandfitnesshers.com/grill-sweeps for a chance to win, plus check out three delicious, exclusive recipes from Coyote at muscleandfitnesshers.com/grill-recipes.

Show Us Your Bikini Body!

We know you work hard, and you look pretty darn great in that two-piece! Show off your photos and videos of your workouts (and results!) by using the hashtag#HersBikiniBody on Twitter and Instagram. We'll be on the lookout for your photos to repost on our social handles and will feature some of our favorites online!





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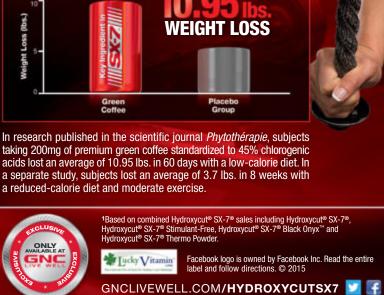
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a separate study, subjects lost an average of 3.7 lbs. in 8 weeks with a reduced-calorie diet and moderate exercise.







From the Chairman

• NOTHING SAYS SUMMER LIKE A BIKINI: It's the ultimate symbol of warm, sunny days and laid-back fun. But in the fitness world, bikini also takes on other meanings: For an increasing number of women, bikini means competing in a fitness event where all of your hard training and diet translates into a chance to show off your results

onstage. Yet for many of you, just getting in shape to flaunt your favorite two-piece is a great enough goal to reach, and we agree!

Whether you're looking to enter a fitness competition or just want to feel good lounging poolside, there's no replacement for regular workouts and a balanced nutrition plan. In our special Bikini Body Issue, you'll find plenty



Check out cover model Emily Skye's favorite bikini-body moves on page 14.

of great exercises, motivation tips, and healthy meal ideas, starting with our Bikini Body workout, "Strong & Beautiful Boot Camp" (p. 14), featuring our cover girl, Australian fitness model and trainer Emily Skye. There's also an easy-to-follow one-month diet plan to help you trim down trouble zones (p. 22), and our editors' picks for some of the best new bikini styles of the season (p. 54).

For more ways to stay motivated, head to *muscleandfitnesshers.com*, where you'll find behind-thescenes footage of our cover photo shoot, as well as video demos of some of our favorite workouts, recipe ideas, health and fitness news, and more.

Tell us how you're working out this summer, whether it's for the stage or to feel better today than you felt yesterday. Show off your results using the hashtag #bikinibodyhers, tweet us at @MandFHers, post on our Facebook page, or tag us on Instagram @MuscleandFitnessHers. As always, your feedback and trust are essential to our success.



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Accounting Clerk Jason Williams ART & PHOTOGRAPHY

Art Director Ramón Gamarra Photo Director Anthony Nolan

PRODUCTION

Production/Distribution Manager Marc Melcher

ADVERTISING

Advertising Director Dara Markus

EASTERN SALES OFFICE: 4 New York Plaza, 4th Floor, New York, NY 10004; (212) 339-1900; fax (212) 510-1947 Digital Sales Manager Mike Myers

Digital sales Manager Mike Myers

DETROIT SALES OFFICE RPM Associates, (248) 690-7013

Detroit Sales Representative Jay Gagan

MIDWESTERN SALES OFFICE: 1005 W. Grove St., Arlington Heights, IL 60005; (312) 545-8041; fax (847) 749-0469 Sales Director Darrin Klapprodt

WESTERN SALES OFFICE: 6420 Wilshire Blvd., 15th Floor, Los Angeles, CA 90048; (818) 595-0473

Account Manager Talin Boustani SOUTHEASTERN SALES OFFICE: 1000 American Media Way, Boca Raton, FL 33464; (800) 500-1012: fax (561) 266-0664

ENTHUSIAST GROUP INTERNATIONAL PUBLISHING

Group Publisher Samantha Lund Tel: +44 (1) 1423 550 848; e-mail: slund@weideruk.com

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FOREIGN EDITIONS













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Tern Verge X10

This bike is featherweight, lightning fast, and tough enough to take on rough terrain (and city potholes). Best of all, it folds up superfast, so you can easily carry it into your building or stow it in your trunk. The 20-inch Kinetix Pro X wheels, 10 speeds, and adjustable stem and seat mean you can even take the bike on long distances without sacrificing comfort. (\$1,950, ternbicycles.com)

-CAT PERRY





Galina Jewelry "Re-rack It" **Dumbbell Couture Ring**

Whether you're a permanent fixture in the weight room or just beginning your fitness journey, this custom-made sterling-silver ring is a great reminder of all your hard work and fitness goals. (\$155, creativegalina.com)

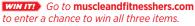
-KRISTIN MAHONEY

We'll be giving away one "Re-rack It" ring this month on muscleandfitnesshers .com

FITNESS

Harbinger **Weightlifting Accessories**

This innovative trio covers all your lifting needs. The X3 gloves (\$35) have an open-finger design and breathable fabric that give you a natural grip. The nylon Women's 5-inch CoreFlex belt (\$40) features a flexible design that's engineered to fit a woman's physique while providing ample support. And the Kettlebell Arm Guards (\$20) help keep your forearms black-and-blue-free while doubling as sweat wipes. (humanxgear.com)







FITNESS

Sweet-Mat Scented Yoga Mat

Forget stinky yoga mats: These 1/4-inch-thick models cushion you through all your poses, while the light, imbued scent keeps them smelling sweet. Choose from lavender, peppermint, and orange citrus. (\$50, sweet-mat.com)

-PAMELA NULLET

NUTRITION

Yonanas Frozen Dessert Maker

This high-tech foldable bike

collapses in less

Get all the taste of ice cream with none of the guilt. Simply pop some frozen fruit such as bananas or berries into the device, and it quickly churns out a healthy, creamy treat with zero fat or added sugar. Add some nuts or shaved chocolate for an extra sweet indulgence. Supereasy to clean and dishwasher-safe. (\$50, yonanas.com) -PN







Aussie-born trainer Emily Skye, a health and wellness superstar with more than 4.4 million social media followers, has crafted this exclusive workout challenge to charge up your lean-muscle building and fat burn. You'll train five days a week with two days' rest, hitting your shoulders, bi's and tri's, chest, core, glutes, and legs. With all this hard work, you'll have sculpted your best body yet by summer's end!

BY CAT PERRY | PHOTOGRAPHS BY PER BERNAL



5-DAY TRAINING SCHEDULE

MONDAY, TUESDAY & WEDNESDAY: Train | THURSDAY: Off | FRIDAY & SATURDAY: Train | SUNDAY: Off

WORKOUT 1

FULL BODY

Start with 5 minutes of jumping jacks, running in place, static high knees, and hip openers. This workout is challenging, so make sure to select a weight for each move that you'll be able to maintain. To make it more intense, reduce the rest time in between sets or increase the weight.

BURPEE/MODIFIED BURPEE

3 sets: 30, 20, then 10 reps; 1 min. rest between sets. Rest 2 min.

KETTLEBELL SWING 3 sets: 20, 15, then 10 reps; 1 min. rest between sets. Rest 2 min.

RUSSIAN TWIST 3 sets: 30, 20, 10 reps; 1 min. rest between sets.

STANDING DUMBBELL BICEPS CURL 3 sets: 20, 15, 10 reps; 1 min. rest between sets. Rest 2 min.

MOUNTAIN CLIMBER 3 sets: 30, 20, 10 reps; 1 min. rest between sets

COOLDOWN Full-body stretch

WORKOUT 2

CORE, GLUTES & LEGS

Start with 5 minutes of jumping jacks, running in place, static high knees, and hip openers. Rest 60 seconds between sets; rest 90 seconds between exercises. To make it more difficult, reduce the rest time in between sets.

AIR SQUAT 4 sets of 15 reps

GLIDING-PLATE BURPEE 4 sets of 14 reps

GLIDING-PLATE MOUNTAIN CLIMBER 4 sets of 14 reps

GLIDING-PLATE REVERSE LUNGE 4 sets of 14 reps

GLIDING-PLATE ROPE CLIMB

4 sets of 12 reps

DUMBBELL HIP THRUST

4 sets of 12 reps

COOLDOWN Full-body stretch

WORKOUT 3

SHOULDERS, TRICEPS, GLUTES & LEGS

Start with 5 minutes of jumping jacks, running in place, static high knees, and hip openers. Rest 90 seconds between sets; rest 2 minutes between exercises.

KETTLEBELL SWING 4 sets of 12–15 reps

KETTLEBELL SUMO SQUAT TO HIGH PULL 4 sets of 12–15 reps

DUMBBELL TRICEPS KICKBACK (resting on a chair or bench) 4 sets of 12–15 reps (each arm)

STANDING DUMBBELL MILITARY
PRESS 4 sets of 12–15 reps

STANDING ARNOLD PRESS 4 sets of 12–15 reps

STANDING DUMBBELL UPRIGHT ROW 4 sets of 12–15 reps

COOLDOWN Full-body stretch

WORKOUT 4

CORE, BACK & LEGS

Start with 5 minutes of jumping jacks, running on the spot, static high knees, and hip openers. This workout is challenging, so make sure to select a weight for each move that you'll be able to maintain. To make it more intense, reduce the rest time in between sets or increase the weight.

DUMBBELL DEADLIFT 3 sets: 30, 20, 10 reps; 30 sec. rest between sets. Rest 2 min.

ONE-ARM, ONE-LEG ROMANIAN

DEADLIFT 3 sets: 30, 20, 10 reps; 30 sec. rest between sets. Rest 2 min.

ONE-ARM ROW 3 sets: 30, 20, 10 reps; 30 sec. rest between sets. Rest 2 min.

STANDING DUMBBELL TWIST

3 sets: 30, 20, 10 reps; 30 sec. rest between sets. Rest 2 min.

SWISS BALL UPWARD CRUNCH

3 sets: 30, 20, 10 reps; 30 sec. rest between sets.

COOLDOWN Full-body stretch

WORKOUT 5 CHEST, TRI'S, CORE, GLUTES & LEGS

Start with 5 minutes of jumping jacks, running in place, static

high knees, and hip openers. Rest 90 seconds between sets; rest 2 minutes between exercises. To make it harder, reduce the rest time in between sets or increase the weight.

PUSHUP 2 sets of 10 reps

swiss BALL CHEST PRESS 1 set of 15 reps (no weight)

TRICEPS KICKBACK 4 sets of 12–15 reps

DUMBBELL DEADLIFT 1 set of 15 reps (no weight)

STANDING DUMBBELL OBLIQUE CRUNCH 4 sets of 16 reps (8 reps on each side)

RAISED-LEG LOWER-AB
CRUNCH 4 sets of 12 reps

STRAIGHT-LEG WEIGHTED
LOWER-AB CRUNCH 2 sets of 10

PLANK TWIST 2 sets of 10 reps COOLDOWN Full-body stretch

[FROM WORKOUT 1]

Russian Twist

Sit on the floor with knees bent about 90 degrees in front of you. Grasp a medicine ball with both hands and lean back so your torso is about 45 degrees to the floor. With arms slightly bent, twist your torso to the left as far as possible, then twist right. That's one rep.



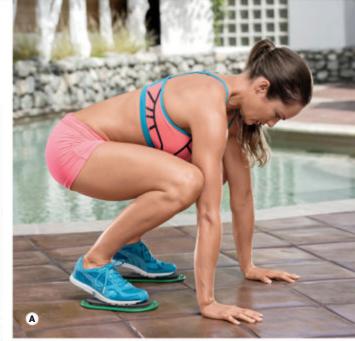




[FROM WORKOUT 2]

▲ Dumbbell Hip Thrust

Rest upper back on edge of bench, feet flat on floor, and knees bent 90 degrees. Place a dumbbell across lap, lightly holding each end. Lift right leg parallel to floor (A). Press hips up until body forms a straight line from head to knees, squeezing glutes at the top; keep leg lifted (B). Continue reps on one side, then switch legs.





[FROM WORKOUT 2]

▲ Gliding-plate Burpee

Stand with feet hip-width apart, toes resting on glider plates. Descend into a squat, bringing hands to floor beneath shoulders (A). Push feet behind you into pushup position, bracing abs and spine (B). Then pull legs back under you, lifting head and chest. Return to standing and repeat.

[FROM WORKOUT 2]

▼ Gliding-plate Rope Climb

Get in the top of a pushup position, toes resting on glider plates (A). Bending right knee, bring it to the outside of right elbow (B). Then return to start and repeat with left leg. That's one rep.







[FROM WORKOUT 3]

▲ Standing Dumbbell **Military Press**

Stand with feet hip-width apart, holding a dumbbell in each hand, arms bent 90 degrees, and palms facing forward. Press dumbbells overhead simultaneously. Then lower arms until upper arms are parallel to the floor. Repeat.



[FROM WORKOUT 3]

▲ Kettlebell Sumo **Squat to High Pull**

Stand with feet wider than shoulder width, holding a kettlebell with both hands, arms straight. Descend into a squat until thighs are parallel to the floor (A). Then drive heels into the floor and return to standing while simultaneously raising the kettlebell in front of sternum, elbows flaring out to sides (B). Lower kettlebell and descend immediately into next squat.





[FROM WORKOUT 4]

⋖ One-arm, One-leg **Romanian Deadlift**

Stand with right hand resting on right hip and left hand holding a kettlebell, feet hip-width apart. Hinge forward at the hip; keeping left arm straight, lower torso toward the floor as you raise left leg behind you. Squeeze glutes at the top, and then use glutes to return to standing.





[FROM WORKOUT 5] **✓ Plank Twist**

Get in the top of a pushup position. Lift left arm above shoulder, twisting torso to the left (A). Lower arm to start; do a pushup (B). Then rotate right, lifting right arm. Return to center and do another pushup.





[FROM WORKOUT 5]

▲ Straight-leg Weighted Lower-ab Crunch

Lie faceup on a mat, holding a dumbbell with both hands above chest, arms straight (A). Lift legs perpendicular to the floor. Initiating with abs, press the dumbbell up toward feet (B). Squeeze at the top and return to start.



[WORKOUT 5]

Swiss Ball **Chest Press**

Rest shoulders on a Swiss ball while grasping a dumbbell in each hand, feet flat on the ground, and knees bent 90 degrees. Press hips up until body forms a straight line from head to knees. From this starting position, press the dumbbells up above chest until arms are straight. Return dumbbells to chest, flaring elbows out; keep hips raised. Repeat.



Skye Is the Limit

Birthplace: Sydney, Australia

Q: How did you get into fitness?

A: For a long time, I struggled with body-image issues and was extremely depressed and insecure. I was a model for a while, too, but that was feeding my unhealthy obsession with perfection. So I turned to magazines like M&F Hers-I loved the look of strong women. By 25, I discovered fitness and started training, gaining 22 pounds, and started to feel healthier and happier. I even entered fitness competitions in Australia, winning three and placing second in two. Ultimately I decided that lifestyle was a little too strict for me, but I still wanted to keep fit and stay in top shape.

Q: When did your goals for being in fitness start to gain traction?

A: I started posting on a blog and on Facebook and was getting messages from girls with similar experiences or their own stories who said I'd helped change their lives. I started designing workout programs, and then a full online diet and fitness program. So that, plus my social forums on Facebook, Pinterest, Instagram, and Twitter [with more than 4.4 million followers across those], provides a community of support and encouragement. My latest program is called F.I.T., or Fitness Inspiration Transformation, which is an online diet, fitness, and lifestyle program with an

incredible support network of nutritionists, exercise scientists, and yogis. The idea is that those doing F.I.T. are never, ever alone in their fitness goals.

Q: What is your approach to fitness?

A: Fitness and health are a lifestyle, not a quick fix. I mix both longer sessions with faster high-intensity sessions and weights. I also never ever focus on weight loss. I focus on fat loss to build strength while also maintaining a healthy relationship with food. Everyone deserves to feel strong and healthy.

Q: Fave body part to train:

A: Glutes. I actually like having sore glutes, and it's a challenge!

Q: Fave cheat treat:

A: Chia-seed pudding with coconut milk

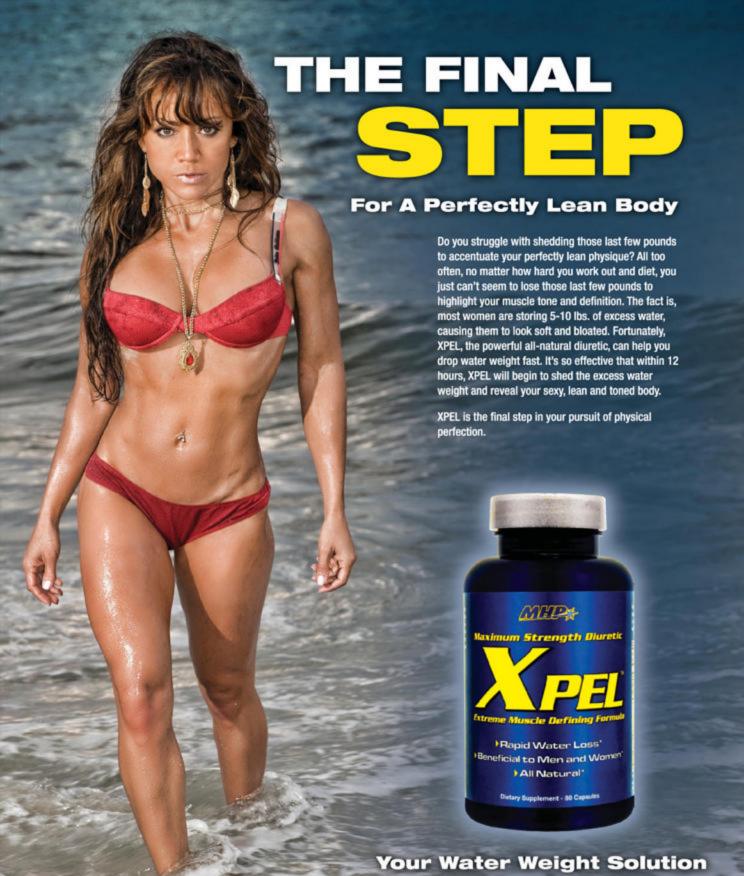
Q: Fun fact that many don't know about you?

A: I used to ride dirt bikes! And when I'm not in the gym or working, I like to travel and to swim in the ocean. It helps me "deload" to put my feet on the earth and just recharge.

Q: Goals for the future:

A: I'd like to develop organic hair and beauty products since people are always asking for tips on looking great.

















1.888.783.8844 MHPSTRONG.com





Slim down for summer and rock that new swimsuit with this satisfying and effective mix-and-match meal plan

DIET BY LAUREN SLAYTON, M.S., R.D. | PHOTOGRAPHS BY BRIAN KLUTCH

• IF YOU REALLY WANT TO LOOK (and feel) your best in an itsy-bitsy two-piece, you have to pay attention to diet along with your workouts. But that doesn't mean spending half your day wanting to gnaw off your arm or munching on carrot sticks alone. "You can eat a variety of healthy, whole foods that will help you stay satisfied while reaching your fat-loss goals," says Lauren Slayton M.S., R.D., founder of Foodtrainers (foodtrainers.com) and the author of The Little Book of Thin.

Slayton's plan is strategically designed to help you control your cravings while you're blasting fat and building muscle. The beauty of this program: Simply pick from one of the suggested entrées under each main meal, then supplement with one or two snacks daily. Have about 4 ounces of protein per meal, 1 tablespoon of oil and about 2 cups of vegetables at both lunch and dinner, and 1 cup of fruit per day. (The menus here average 1,350-1,450 calories per day.) Aim for four fish meals a week. For the first two weeks, limit carbs to four to six servings per week (keep grains to a fist-size portion). During Weeks 3 and 4, cut that number to three per week or every other day. To make sure you're getting enough fluids, divide your body weight in half and drink approximately that amount in ounces (for a 140-pound woman, that's 70 ounces of water, tea, or other low-cal fluids).

One month goes fast when you have a smart plan to follow. After just four weeks, you'll have the confidence to pull off wearing even the teeniest bikini!



Breakfast

Eat breakfast within two hours of waking, and ideally include some protein in your meal. For all of these (except the smoothie) you can also add 1 cup of berries, pineapple, or papaya.

A 4-6 ounces of lowfat or 2% Greek yogurt with 1 tbsp hemp seeds and a sprinkle of cinnamon

Choose lowfat dairy rather than no fat—you need some fat to absorb vitamin D and help keep your appetite under control. Research also shows daily consumption of hemp seeds can help lead to a reduction in abdominal fat.

B 2 omega-3-enriched eggs (hard-boiled or cooked with ½ tsp coconut oil) plus ½ avocado and a dash of hot sauce

Omega-3 fatty acids can help increase fat loss as you shed pounds. The hot peppers in hot sauce help boost metabolism.

C Chia seed pudding

Chia seeds are hydrophilic, meaning they help to absorb water, so you feel more full. Having chia in the early part of your day can help you stay satisfied longer. To make this pudding, combine ¾ cup chia seeds with 2 cups almond milk, plus a dash of salt and some stevia and vanilla extract to taste. Stir, and let sit 30 minutes or overnight. (This recipe makes 3-4 servings).

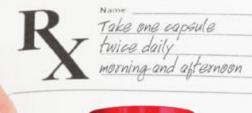
Protein shake/smoothie (Recipe: matcha colada)

This smoothie utilizes matcha, a powdered, antioxidant-rich green tea, along with other power foods like pineapple, avocado, and ginger. Blend 4-6 oz of coconut water (or just water) with ½ tsp matcha powder, adding in 1 cup of fresh or frozen pineapple or papaya, 1 scoop protein powder, 1 cup greens, ¾ avocado that's peeled and roughly chopped, 1 slice peeled fresh ginger, 1 handful of ice cubes, and 6 drops of NuStevia sweetener. Blend well and serve.

E Lox and cream cheese

Skip the bagel in this traditional breakfast and you'll still get all the health and fat-loss benefits of the omega-3 found in salmon. Spread 1 oz organic cream cheese on 2 oz wild smoked salmon, roll and secure with toothpick, if needed.

Our Script to Aid RAPID WEIGHT LOSS



LIPO-6 Rx is a powerful new weight loss support product. It helps produce a strong state of thermogenesis to aid in rapid weight reduction. In addition, this maximum strength formula features TeaCrine, a clinically tested compound that works with the body's natural metabolic pathways to deliver energy, mental clarity, mood enhancement, and improved motivation. STICK TO THE SCRIPT AND LOSE THE WEIGHT.









Lunch

Try to follow a four-hour rule for food timing: If you're up at 6 a.m., have breakfast by 8 and lunch by noon. Complete this midday meal with 2 cups of greens; steamed, roasted, or raw asparagus, broccoli, cauliflower, brussels sprouts or fennel; plus 1 tbsp of olive oil or coconut oil for cooking or dressing, if desired.

A Foodtrainers' green eggs

Make these simple frittatas in advance so vou can grab-and-go on busy mornings. Preheat oven to 350°F. Spray four cups in a standard-size muffin pan with cooking spray. Divide 1 cup of sautéed kale between the cups. Whisk together 4 eggs; a ¼ tsp each of salt, smoked paprika, and chili powder; plus a dash of black pepper. Pour eggs evenly over kale in muffin cups; bake 15-20 minutes or until eggs are just set. Let frittatas cool in pan for 5 minutes; gently remove.

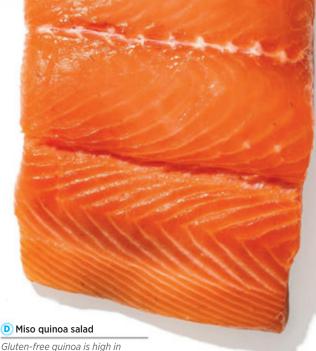
B 4 oz poached salmon or tuna and 1/2 avocado

Poaching salmon yourself is supereasy (just season and gently simmer in broth or water that just covers fish for a few minutes until opaque throughout), and it tastes great cold. If you're going with tuna, look for the jar versions, which eliminate the BPAs that can be found in can linings.

C Naked pesto turkey burger served with greens or leftover veggies

Skip the bun to cut down on your carbs, but keep the flavor by adding 1-2 tbsp prepared pesto plus 1 clove minced garlic to 1 lb ground turkey.





protein and fiber, so it will keep you feeling full, plus it's also rich in potassium and magnesium. Miso is a fermented soy that can help curb cravings. To make, blend together 3 tbsp of extra-virgin olive oil, 1 tbsp of white miso, 2 tbsp of rice vinegar, and set aside. In a large bowl combine 2 cups cooked quinoa, 3 cups steamed broccoli florets, 2 cups baby arugula, and ¼ cup raw sunflower seeds; toss in dressing and ¼ tsp salt.

(E) "Greek" curried chicken salad

Make a yummy chicken salad with Greek yogurt instead of mayo. The turmeric in curry has lots of disease-fighting antioxidants.

Dinner

The key with dinner is not to eat too much or too late: Try to close your kitchen 12 hours after breakfast. It's OK to have some carbs like sweet potato or bean pasta at dinner—carbohydrates help you relax before bed.

A Loaded sweet potato

Stuff a fist-size baked sweet potato with cooked kale (or any leftover veggies) plus a healthy fat like chunks of ½ avocado, and top with red pepper flakes.

B Zoodles and shrimp

Zoodles (aka zucchini noodles) are made easily with a julienne peeler or a vegetable spiralizer such as Veggetti. Simply toss with 1 tbsp prepared pesto or ¼ cup tomato sauce and 4-6 oz cooked shrimp.

C Spiced chicken and cauliflower

Sprinkle chicken cutlets with turmeric, a squeeze of fresh lemon, and pepper (which helps absorb the turmeric), and grill until cooked through. Steam or roast the cauliflower with a tbsp of olive or coconut oil

Fish in parchment paper

If you're afraid of cooking fish, try using parchment: Place a 4- to 6-oz serving of wild salmon or other fish on a square of parchment paper (18 by 14 inches) and top with fresh veggies (peppers and bok choy work nicely) and a 1/2-inch piece of fresh peeled ginger cut into matchsticks; sprinkle 1 tsp of rice vinegar over the fillet. Fold ends of parchment in to make a package and bake at 450°F for about 15 minutes.

Bean pasta with broccoli and tomato sauce

There are a lot of "alternative" pastas out there. Those made from beans are naturally loaded with protein and fiber and nutritionally superior to whole-wheat options.

Snacks

Snacking is important to keep your appetite in check and your blood sugar from plummeting, but it's easy to overdo it. A midmorning snack is optional, especially if you're eating lunch within

four hours of breakfast, but the afternoon snack is key. Keep snacks to about 200 calories max.

Green juice

Juicing is a great way to get tons of vitamins, but they can easily turn into calorie bombs. Stick to juices made with a maximum of one fruit so it's a vegetable juice, not a fruit juice. Excess fructose (fruit sugar) is easily stored as fat.

B Organic string cheese

Buying organic dairy is key—the last things you want at snack time are added hormones or antibiotics.

C Nuts

Nuts are a great snack choice in moderation. Some of the best options are walnuts, pecans, sunflower seeds, and pistachios. To keep from eating the whole bag, portion out your snack servings into a small container, such as a clean Altoids mint tin.

Energy bars

Whole foods are always best. but there are times when it's simply easier to grab a bar. Look for ones with low amounts of sugar (less than 5 grams is ideal); good choices include Kind Strong Bars, Zing Bars, and Health Warrior Chia Bars.

Jerky

Avoid traditional beef jerky sticks, which can contain MSG and other unwanted additives, and stick with some healthier alternatives, such as turkey or salmon. (We like Real Sticks Turkey Jerky from Vermont Smoke and Cure or Epic Bars made from bison, turkey, beef, or lamb.)

F Kefir

Similar to yogurt but higher in probiotics (the good-for-you bacteria that aid in digestion and boost immunity), kefir can also tame your cravings for something sweet. Have one cup of plain kefir. or add a drop of stevia if desired.

G SunButter and celery or apple

Like hemp, sunflower seeds contain a type of fat called linoleic acid, which can help cut down on body fat. Scoop 2 tbsp of SunButter onto celery or a sliced apple.

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¹Subjects combining the core ingredients in MuscleTech® Premium Whey Protein Plus (creatine and whey protein) with a weight training program gained 70% more lean muscle than subjects using regular whey protein (8.8 vs. 5.1 lbs.). Read label before use. ◎ 2015



Pulse

M&F Hers
July/Aug 2015

ALL THE LATEST ON: TRAINING, NUTRITION, HEALTH, BEAUTY, AND MORE

Studies show that exercising outside reduces levels of the stress hormone cortisol more than working out indoors. 26 M&F HERS JULY/AUG 2015

We love the gym as much as you do, but when the sun is warm and the sky is blue, there's nothing like heading outside for some action and adventure. Whether it's diving headings out for a tough run in the park, now's the time to get out and get moving. Challenge yourself to get your heart racing with a new activity. After all, isn't fitness about being ready for anything? For fresh training and diet motivation, head to muscleandfitnesshers.com. Follow us on Twitter and Pinterest a MandFHers, on Instagram a MuscleandFitnessHers, and like us on Facebook.

MY FAVE WAY TO...

Crosstrain

Freshen up your routine and burn mega calories with these three nontraditional fat-blasters from top fitness pros

BY SOMMER ROBERTSON-ABIAD



"CROSS-TRAINING OUTDOORS IS A GREAT WAY TO BURN FAT. IT KEEPS MY WORKOUTS FRESH AND CHALLENGES MY ATHLETIC ABILITIES."

-CAMALA RODRIGUEZ-MCCLURE

IFBB FIGURE PRO

CAMALA RODRIGUEZ-MCCLURE

Cross-training secret: Stadium plyometrics Why it's her fave: "Certain areas of my core and legs don't respond well to traditional strength exercises. Stadium plyometric drills challenge these stubborn areas and help boost endurance, accelerate fat loss, and create long, lean muscles so I'm conditioned year-round."

Camala's Workout:

Begin with a dynamic warmup with moves like alternating walking kicks and walking knee tucks to get your muscles ready for action.

SUPERSET 1:

Do 10 frog jumps going up stadium stairs, then lower into a plank and hold the position for 20 seconds. Stand up and do 10 alternating lunges per leg going up the steps. That's one set. Repeat for a total of five sets.

SUPERSET 2:

Making your way down the bleachers, jog the length of five rows, completing each of the exercises listed below at the end of the corresponding row. That's one set. Repeat for a total of five sets.

Row 1: 25 Plié squats

Row 2: 20 Triceps dips

Row 3: 20 Bulgarian split squats

(10 each leg)

Row 4: 30 Mountain climbers

Row 5: 20 Reverse lunges off the step (10 each leg)

IFBB BIKINI PRO

JULIANA DANIELL

Cross-training secret: Suicide running drills Why it's her fave: "Your body burns a large number of calories with high-intensity sprinting drills like suicides. Adding in a variety of plyometric exercises between sets of these sprints ups the fat burn while allowing you to work several muscle groups at once."

Juliana's Workout:

- Start with a light warmup, jogging a few laps around a football field or track. Set up six to eight markers about six yards apart on the track or field.
- Sprint all out from the start line to the first line or marker. Then do one of the following exercises back to the start: pike walkout, crab walk, walking high-knee raises, or side shuffle.
- Sprint all out from the start line to the second line. Do one of the above exercises back to the start.
- Continue this drill for each marker, sprinting on the way out and doing one of the exercises above back to the start.
- Perform four to six sets total.

"STOP IF YOUR BODY IS TELLING YOU TO DO SO-PUSHING YOURSELF HARD DURING YOUR WORKOUTS IS FINE, BUT YOU ALSO DON'T WANT TO OVERDO IT.

IFBB FIGURE PRO

ERIN STERN

Cross-training secret: Deep-water training Why it's her fave: "Water provides 12 times the resistance of air with zero impact, so you can work your muscles in all directions and challenge your body in a way that you just can't replicate in the gym. I use a deep-water running belt like the AquaJogger (aquajogger .com) to keep my form correct."

Erin's Workout:

Find water deep enough so that you can't touch bottom. Wear a flotation belt snapped securely around your waist. Use a waterproof countdown timer or clock to stay on track.

EXERCISE	SETS	TIME*
All-out Sprints	8	30 seconds
Flutter Kick**	4	30 seconds
Frog Kick	4	30 seconds

*Rest for one minute between sets. **Keep your legs straight and focus on squeezing your glutes.

"WHEN SPRINTING, BRING YOUR THIGHS UP TO AT LEAST PARALLEL AND SWING YOUR ELBOWS PAST YOUR HIPS. IF 30 SECONDS IS TOO LONG. TRY 15 SECONDS TO START AND DO 12 SPRINTS TOTAL. WATER WORKOUTS TEND TO BE LONGER, AS IT CAN BE HARDER TO GET YOUR HEART RATE UP. EXPERIMENT WITH SHORTER RECOVERY TIMES BETWEEN SETS EACH SUBSEQUENT SESSION."



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Sculpt Sleek Postbaby Abs

Get rid of your postpregnancy pooch with a smarter approach to strengthening the core

BY GINO CACCAVALE, HERS TECHNICAL ADVISER

CHRISSY N., SAN JOSE, CA

"Five years ago, I developed separated abdominal muscles during my pregnancy with my twin girls. I had a fairly long road to recovery, but I've since gotten back into shape and am currently prepping for a fitness competition. For my abs, I typically do weighted crunches on a stability ball, hanging leg raises, and machine crunches as part of my regular routine. I'd love any workouts to help with the abdominal separation and get back to peak shape!"

OUR EXPERT SAYS

Let me start by saying that there are no exercises that help with abdominal separation. Repairing and recovering from this condition, known as diastasis recti, starts and ends with core strength, posture, and alignment. Some of the exercises you are currently doing (such as hanging leg raises and weighted

crunches) are actually forcing more intraabdominal pressure and will only contribute to continued separation.

My advice: Relax and lay off the ab exercises. You're better off engaging your midsection during other strength exercises. For moves like squats, rows, presses, curls, etc., think about engaging your midsection. This will work the abdominals without causing pressure or protrusion. Focus on flawless spinal alignment and posture. For women who have given birth more than a year ago, choose exercises that don't "bulge" your belly-in other words, avoid moves that extend your belly outward (for example, leg raises and stability ball crunches), which will inhibit and delay ab muscles returning to normal form. As for the rest of

As for the rest of your workout, 55 minutes of cardio a day is excessive unless you have a lot of weight to lose. You're likely burning muscle along with fat. Cut it down to 40 minutes max of steady-state aerobics, six days a week, while keeping calories and carbs low. On your leg day warm up just 10 minutes on a stationary bike.

Finally, there are a few other tweaks you can make to your schedule. You have shoulders directly following chest workouts. Shoulders are used during chest training, and doing a push after a push is overworking. Since figure competition is judged on shape and taper, your shoulders should take priority over your chest. If you're doing a five-day split, throw your heavy leg day in the middle, on Day 3. Currently, you have too much upper-body rest between back and shoulders. Good luck in your training!

OLD WORKOUT

DAY 1: Legs, cardio (55 minutes)

DAY 2: Back, abs*, cardio (55 minutes)

DAY 3: Glutes, hamstrings, cardio (55 minutes)

DAY 4: Chest, tri's, abs*, cardio (55 minutes)

DAY 5: Shoulders, glutes, hamstrings, cardio (55 minutes)

DAY 6: Cardio (55 minutes)

*Old abs routine (twice a week): Weighted

crunches on a stability ball, hanging leg raises, machine crunches, abdominal draw-ins

NEW WORKOUT

DAY 1: Back, glutes, abs, cardio (40 minutes) DAY 2: Chest, biceps, cardio (40 minutes) DAY 3: Legs, abs, bike (10 minutes)

DAY 4: Arms, abs, cardio (40–55 minutes)

DAY 5: Shoulders, hamstrings, cardio (40 minutes)

DAY 6: Glutes, abs, cardio (40 minutes) DAY 7: Rest; reduce calories by 400





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THE HARDEST MOVE YOU'VE NEVER TRIED

The Turkish Getup

Build muscle, boost strength, and blast fat all at once by mastering this total-body move

BY SOMMER ROBERTSON-ABIAD | PHOTOGRAPHS BY EDGAR ARTIGA

• WANT ONE MOVE WITH TOTAL-BODY RESULTS? Cue the Turkish Getup (TGU), which pushes practically every major muscle from delts and abs to quads and glutes through a large range of motion. This highly functional movement combines several exercises into one, tasking your body from head to toe and strengthening its foundation, explains NCCP weightlifting coach Steve Cristini, co-owner of CrossFit Markham & Reebok CrossFit East Woodbridge, Canada. "Taking your shoulder through various positions of loaded movement strengthens and increases shoulder stability," Cristini says. "[The move] also requires a lot of core strength, to get from the floor to your knees. Your quads and glutes are key to helping you bring your body from the kneeling position to the standing position."

But that's not all. This killer movement not only helps build totalbody strength, it's also a great way to torch calories and rehab shoulder injuries. "[The TGU] requires multiple directions of movement, and the load can vary," Cristini adds. "This makes it the perfect tool to improve shoulder strength, flexibility, and stability following an injury." So, whether you are rehabbing a nagging shoulder or looking to take your

10 each side

physique up a notch, you can step up your workouts and progress with a session of TGUs.

THE WORKOUT: DO 4 SETS OF EACH

Turkish Getup

Turkish Octup	10 cach side
Russian Kettlebell Swing	10
Kettlebell Snatch	10 each side
Plank	60-second hold
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HOW-TO

- Lie flat on the floor with your right arm straight out to vour side and left extended above your head holding a dumbbell, knuckles facing the ceiling (A).
- Slide left foot back, placing it flat on floor.
- Roll onto your right side, shifting body weight onto right elbow and forearm, keeping abs tight and eyes on the weight.
- Transfer from elbow/forearm to the palm and extend your elbow.
- Drive up through left foot, keeping right leg straight, extending your hips into a bridge.
- Slide right foot back and under body to rest on your knee (B).
- Use your quads and glutes to press up into a lunge position, then finish the movement by standing straight up and bringing your feet together (C). That's one rep. Reverse the steps to return to starting

BEGINNER BASICS

Beginners should practice the TGU in segments, Cristini says, "Mastering the order of the steps before adding weight is key to maximizing the benefits." Once your body acclimates to the movement, vou can slowly add on weight.

ADVANCED TECHNIQUE

"Change up your objectuse kettlebells, dumbbells, etc.." Cristini says. Integrating a variety of tools will task vour muscles to work at different angles—and keep the movement feeling fresh. To make it even more challenging, try performing the movement bilaterally, with a weight in each hand. "You can also make use of tempo." he adds. "Slow down or hold each part of the sequence for three to five seconds to increase the stabilizers required."



Stay focused on one spot as you move to help you maintain stability as you go through the different stages of the exercise.





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Kerri Walsh **Jennings**



The 36-year-old three-time Olympic gold medalist has her sights set on the 2016 Summer Games with new partner, April Ross. Here's how she balances

training, nutrition, and life as a wife and mom of three young children. BY DIANA KELLY

Embrace Variety

I grew up playing a variety of sports, and I learned so much about my body by doing that. Today, I keep up a well-rounded crosstraining system that challenges me from top to bottom. I try to make sure my body never gets comfortable, so it can keep evolving in the way I want it to. In addition to three hours of beach volleyball practice a day, I do Pilates three times a

week-on the reformer, the mat, and the beach. I also do fast-twitch workouts twice a week with Olympic lifting and plyometrics.

Food for Thought

I want to be the best I can be, and there's no way I can do that unless I'm fueling my body properly with the right nutrition. I'm a huge advocate of starting the day off right at breakfast. I'm a

creature of habit, and as a crazy-busy mom I tend to make a lot of shakes for breakfast that I quickly drink while getting my family ready in the morning. I use unsweetened vanilla almond milk like Almond Breeze, vanilla whey protein, kale or spinach, chia seeds, oats, and honey and blend it up to drink while I'm on the run. Between morning and afternoon workouts I'll have another shake, or a protein bar, or a

turkey sandwich on Paleo bread with mustard and avocado. It's important to get protein in soon after my workouts. I also drink a lot of water since that helps with recovery, mood, and hunger.

Injury Prevention

Staying strong and flexible is how I stay healthy. I'm a big fan of weightlifting to make me strong and prevent injury. It's also great for metabolism, confidence, posture, and bone density. Pilates has helped me so much in my career as well. I worked hard to get my strength back in my core and strengthen my upper back, especially after breastfeeding.

Get **Uncomfortable**

I have career goals that I want to hit as well as stepping-stone goals. I

want to grow as a mom and a wife. I work with a sports psychologist who tells me, "Kerri, if you have a chance to go out on a limb or stay safe and be comfortable, don't be afraid to be uncomfortable." Whether it's giving a speech or trying something totally new to me, I'm going to work hard at it, and then afterward, I'll be glad I did it. I love winning in life. Whatever my "gold medal" is, I hope to keep striving for it.

Form Your **Home Team**

Balancing life as a professional athlete and a mom who's also married to a professional volleyball player [Casey Jennings] means my husband and I need to act as a team with our kids. They're wonderful and humor us a lot and are very adaptable. It's important to surround yourself with amazing people who challenge you, support you, and inspire you. I'm the richest woman in the world in that regard.

Bevond the Olympics

I'm so excited that I'm not done competing yet, but when I think about my life after my competitive career I'm excited, too! I have fictional book ideas and I'd love to go on a speaking tour to share the secrets I've learned from so many people. My husband and I are going to start an academy that will be centered around volleyball and the whole athlete, focusing on the body, mind, spirit, leader, and character.



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Jason Derulo

The pop star and So You Think You Can Dance judge reveals how a near-fatal accident reinforced why he takes such good care of his body

BY KRISTIN MAHONEY



CLOSE CALL

About two years ago I was doing a back tuck during rehearsal when I slipped and fell, breaking my neck. Had I not been in good shape at the time, I don't know if I would have survived that accident. When I did finally recover, I was so appreciative of being able to work out again that I just went full throttle, and it became my biggest hobby.

PUMPED UP

I try to do full-body calisthenics every day. Before my shows I do the [Shaun T] Insanity workouts, followed by 30 minutes of abs; after a performance, I'll do at least 300 pushups. I also head to the gym a couple of times a week to lift weights.

LEAN GREEN EATING MACHINE

I eat a lot of proteinmore fish than chicken because it keeps me leaner. I also have tons of vegetables. Lately I've added green juices to my diet-spinach, kale, lemon, and ginger. It's not the best-tasting thing in the world, but it goes down and you're not craving the bag of chips that your friend is having.

JUDGE JASON

So You Think You Can Dance is about finding those stars who can really hold an audience on their own. Dancing has been a huge passion of mine since I was 4 years old. For years I did tap, ballet, jazz, and, obviously, hip-hop. I feel like I have so much to offer in terms of knowledge to all these dancers

on the show. But I think a lot of guys may be afraid to dance because they don't know the fundamentals, but they want to learn the basic groove factor.

ON MY WORKOUT PLAYLIST

I like to listen to up-tempo music. I just put it on shuffle and skip the slow, soft songs. My favorites

are "Turn Down for What" [by DJ Snake & Lil Jon], "Imma Be" [by Black Eyed Peas], and "Clique" [by Kanve West, Jav Z, and Big Sean].

NEW BEATS

My new album has an old-school vibe. I love the throwback right now to the '80s. I'm usually inspired by Michael Jackson and Prince. It represents the change and how I've grown up in the past year.

PERFECT DUET

I don't know if I have

a type, because I find so many different kinds of women beautiful. Obviously you want to be super attracted to the person you're with, and you want that feeling to continue. But I also want somebody I can have a conversation with and be challenged by while also having fun. I love to let it all out and reveal my deepest, darkest secrets. I don't think I will know who the perfect girl is until she's actually in my life.



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Ask the Experts



I know a lot of the highprotein foods recommended for athletes contain eggs, but I have a severe allergy to them. What other foods can yield the same protein-to-calorie intake ratio?

-BETHSABET D., ALBANY, NY

"Eggs are nutritious sources of highquality protein for the number of calories they contain [7 grams of protein per whole egg: 70 to 80 calories]," says Kristine Clark, Ph.D., R.D., director of sports nutrition at Penn State University. For similar protein power, pour a big glass of fat-free milk. (One cup has 8g of protein and 80 calories.) "Both eggs and milk are two of the most biologically available sources of protein, meaning they are both highly absorbable,"

Clark says. Other

good options include roasted soy beans (22g of protein in ½ cup; 100 calories) and plain Greek yogurt (18g protein in six ounces; 120 calories).

How can I best target my upper-middle back? I don't feel like I'm getting the development that I want.

-ERICA B., SEATTLE, WA

"Do some basic pullups," says Chantha Thach, a personal trainer with Crunch Tribeca in New York City. "The key is to contract and squeeze your shoulder blades together at the top of the move." In addition, narrowgrip pulldowns, cable rows, and singlearm dumbbell rows also help target the upper back. Finally, remember to exercise your mental muscle. "It's important to make that mind-body connection when you are working out," says Thach. "Concentrate on the muscles being engaged and make sure you're fully contracting them with every rep."

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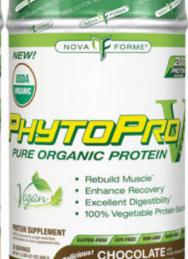






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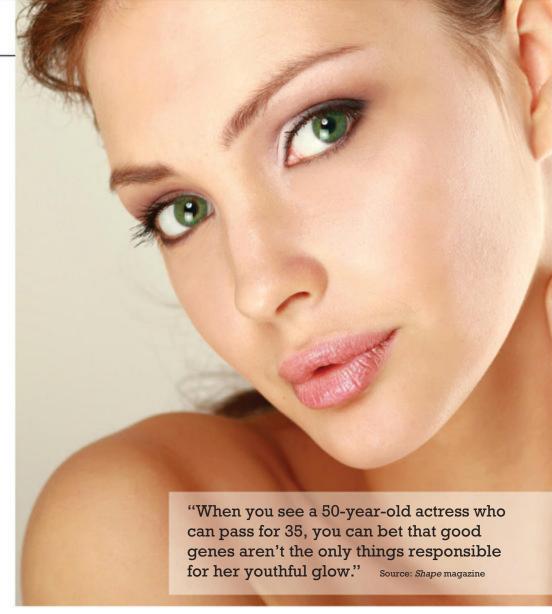
TURN BACK TIME WITH THE "ANTI-AGING" BREAKTHROUGH **EVERYONE IS TALKING ABOUT!**

The truth about human growth hormone (HGH): What is it? Where does it come from? Can you boost it naturally? And is it really the fountain of youth?

By Tiffany Strobel*

recent Shape magazine article starts out with a very provocative statement: "When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren't the only things responsible for her youthful glow." No less than the famed Dr. Oz began a recent show by asking his audience, "How many of you want to start feeling 20 years younger right now?" Allure magazine, in its "Anti-aging Special" issue, highlighted growth hormone as its yearend call-out. And it's no secret that the rich and famous have been visiting some of the most expensive clinics in the world for controversial human growth hormone (HGH) therapy. Why? Because they believe HGH helps reduce body fat,

increase lean muscle mass,



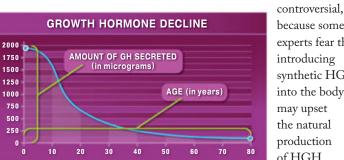
boost mood, heighten sex drive, give them plenty of energy, get rid of wrinkles and tighten saggy skin... making them look and feel decades - not years, but decades younger. In fact, some are even calling it the "Fountain of Youth."

So what exactly is HGH?

HGH is a single chain peptide hormone that's manufactured deep within the brain... in the pituitary gland. It's released into the bloodstream and travels throughout the body. It enters your muscle cells, stimulating lean muscle growth so you look

more tight and toned, even if you haven't been working out. When it reaches the skin it maintains healthy blood flow, ramps up collagen production and strengthens the underlying substructure of the skin's critical architecture, keeping your skin firm, tight and smooth, which is why so many experts call HGH the "youth" hormone... and why some believe it's the

key to combatting aging. The problem is that while our bodies do manufacture HGH, our levels begin to decline rapidly as we age, and until recently most thought the best way to increase our HGH levels was through expensive prescription injections (costs can run as high as \$1500 per month). In addition to their high cost, these synthetic HGH injections are also extremely



because some experts fear that introducing synthetic HGH into the body may upset the natural production of HGH.

Anti-Aging News

Dr.Oz says: "I have been searching for this from the day we started the show. I've been looking for ways of increasing HGH naturally because I don't like getting the injections."

Is there a way to increase mean growth hormone levels by more than 600% naturally?

Until recently, the answer to that question would have been a resounding "No." However, things changed when a group of some of the most highly respected scientists in the world presented their research findings at their 30th Annual Scientific Meeting in San Antonio, Texas. Since then, the research has been presented at The Academy of Women's Health's 21st Annual Congress in Washington, D.C. and the 9th World Congress of Cosmetic Dermatology held in Athens, Greece. These research results made headlines, because they showed that for the first time, there was an oral compound capable of increasing mean, bioactive, serum (blood) growth hormone levels... by 682%.

The formula that was the subject of these research findings is now being sold by SanMedica International™ under the trade name SeroVital.® And despite its

much-hyped research, SeroVital remained an "underground" sensation... until the famed Dr. Oz discussed the product's research on his show. He introduced the show segment by asking his audience, "How many of you want to start feeling 20 years younger right now?" and then discussed what he called "a new frontier: stimulating your body's production of growth hormones naturally with amino acids." And when Dr. Oz disclosed that "a recent study [on SeroVital-hgh] showed patients given a special blend of amino acids saw their HGH levels spike more than 6 times..." and added, "I have been searching for this from the day we started the show. I've been looking for ways of increasing HGH naturally because I don't like getting the injections," you can imagine the frenzy he started. Before long, SanMedica was having trouble keeping SeroVital – with its unique, highly specialized amino acid

full-blown phenomenon. Even the United States Patent Office has added to the SeroVital mystique by issuing not one but *ten* U.S. Patents to protect the SeroVital formula from imitators.[‡]

They believe HGH reduces body fat, increases lean muscle mass, boosts mood, heightens sex drive, gives them plenty of energy, gets rid of wrinkles and tightens saggy skin...

Now, after more than 30 years of time-consuming, detailed research, there's finally an affordable oral formula that encourages the pituitary gland to increase growth hormone production naturally, without dangerous drugs or synthetic hormone injections.

So what's the catch?

Well, there are three. First, as with HGH injections, SeroVital is not a "magic bullet," but one part of a healthy lifestyle choice including a sensible diet and exercise regimen. Second, for proper absorption, you have to take SeroVital-hgh on an empty stomach. That means you either have to take it first thing in the morning and then not eat

anything for two hours, or take it at night, at least two hours after your last meal... before you go to bed.

And last but not least, while SeroVital is far less expensive than prescription HGH injections, it's still not cheap... SeroVital will cost you about \$100 a month.

Is it worth it?

To me, anything that may reduce wrinkles, tighten saggy skin, decrease body fat, increase lean muscle mass, strengthen bones, and boost mood, while giving you plenty of energy and improving sex drive, is a no-brainer. However, make no mistake about it, the "established" medical community (and of course, they know everything) would say its benefits are largely anecdotal, with research that's preliminary. But there's no denying that something that has a chance of making you look and feel decades, not years, but DECADES, younger, is... at the very least... irresistible. Frankly, I'm ready to try it. How about you?



So where can you get SeroVital-hgh?

SeroVital-hgh is currently available at all Ulta stores, Kohl's, and select GNC locations. Over the next few months it will be available on a limited basis at prestige retailers across the U.S. Having a hard time finding SeroVital-hgh? Can't wait? You can order it directly from SanMedica International by calling 1-800-380-7508 or visit their website at www.SeroVital.com. Use the promo code HGH330 at checkout and shipping is free!



formula - in stock. It went from

underground sensation to

*Servivila-right is protected by U.S. *Fattern luminors 8,351,342,6,713,025,6,722,114,8,734,064,8,741,321,8,705,195;8,741,322,8,008,705;8,008,709,410,8,015,195,311.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnost, cure, or prevent any disease. *Free standard shipping in the continental U.S.A. only.

*Tiffany Strobel is an author, columnist, and beauty editor of MyFreeDiet.com. All trademarks are the property of their respective owners. ©2015 All Rights Reserved. BR14871-18



SKINNY SUMMER COCKTAILS

Sip these lower-calorie cocktails, which use very little sweetener and additives, so you can imbibe without ruining your diet-and make the most of those hot summer nights. -Cat Perry



Grapefruit Crush

- ½ grapefruit plus 1 slice
- 2 oz Finlandia Grapefruit Vodka
- Club soda

Fill a glass with ice, then squeeze in the juice from $\frac{1}{2}$ of a grapefruit. Add vodka. Stir and top with club soda. Garnish with slice of fresh grapefruit. Add less grapefruit juice to lower calories.



Pisco Sour with Truvía (160 calories)

- 2 oz Pisco Portón
- ½ oz lime juice
- ½ oz lemon juice
- 2 packets Truvía
- 1 egg white, pasteurized

In cocktail shaker add all the ingredients; shake. Fill half of shaker with ice and shake again. Double strain into cocktail glass and garnish. Sip your protein.



Classic 2 Skinny **Drunks Margarita** (109 calories)

- 2 oz 2 Skinny Drunks Premium Organic Margarita Mix
- 1 oz Sauza Blanco Teguila

Combine in shaker, shake. and pour into glass. You'll love the all-organic ingredients, plus, two ounces of the 2 Skinny Drunks Margarita mix adds only 40 calories

DEBLOAT YOUR DIET

Some of your favorite healthy bites may also be causing belly bloatespecially if you're among the 15-20% who have difficulty digesting carbs known as Fermentable Oligo-Di-Monosaccharides and Polyols (or FODMAP). "They're poorly absorbed, rapidly fermented in the gut, and increase water delivery into the bowel," explains Kristi L. King, a senior pediatric dietitian at Texas Children's Hospital in Houston. To see if you're sensitive, try a six- to eight-week elimination diet of FODMAP foods (see below). "Most people see an improvement in symptoms within one to two weeks," adds King.-D.K.

The FODMAP-Free Diet

AVOID

- High-lactose dairy (milk, ice cream, soft cheese)
- Wheat, barley, rye
- Soy products
- Certain nuts, beans, and legumes (cashews, beans, lentils, pistachios)
- Certain fruits (apples, blackberries, pears, watermelon, stone fruits)
- Certain vegetables (artichokes, broccoli, brussels sprouts, cauliflower, mushrooms)
- High-fructose corn syrup Sugar alcohols like
- sorbitol and xylitol

CHOOSE

- Lactose-free milk, hard cheese, Greek yogurt, plain kefir
- Gluten-free grains (rice, quinoa, corn plus gluten-free pasta, bread, oatmeal, etc.)
- Meat and meat alternatives (eggs; natural nut butters. including almond and peanut butter; beef; chicken; fish; pork)
- Certain fruits (citrus, cantaloupe bananas blueberries, strawberries)
- Certain vegetables (zucchini, squash, eggplant, carrots, green beans)



Smoothie Season

Three refreshing ways to recover on a hot summer day!

PHOTOGRAPH BY BRIAN KLUTCH

EVERYBODY LOVES A

good shake, whether it's to refuel after a tough workout, a grab-and-go meal, or just something to keep you satisfied. We asked *you* for your ultimate post-workout smoothies via Instagram—here are a few of our faves. Keep the ideas coming, and follow us on Instagram and @MuscleandFitnessHers!

1 TROPICAL-TRIP SIPPER

"This protein-rich smoothie helps my muscles recover after a long run outside. Not only does it taste delicious, but it also helps me cool down and feel refreshed!"

—ALYSON MINER, @ALYMINER

- 1 frozen banana
- ½ cup frozen pineapple
- 1 tbsp shredded coconut
- 1 scoop vanilla protein powder
- 1 cup almond milk

PER SERVING

Calories: 315, Fat: 8g, Saturated fat: 3g, Carbs: 41g, Fiber: 6g, Protein: 28g

2 VERY BERRY YUMMY TUMMY

"I go to the gym in the morning, and this smoothie keeps me full until lunch. It has protein for muscle recovery, carbs for energy, plus loads of antioxidants from the berries and spinach."

> -ROSSANA BECK, @ROSSANA_BP

- ½ cup nonfat Greek yogurt
- 1 scoop vanilla protein powder
- ½ banana
- ½ cup mixed
- frozen berries Handful of spinach
- 1/4 cup ice
- 1/4 cup water

PER SERVING

Calories: 377, Fat: 1.5g, Saturated fat: 0g, Carbs: 44g, Fiber: 8g, Protein: 45g

3 CHOCOLATE PEANUT BUTTER BLAST

"This smoothie is a favorite of mine to have after doing an intense HIIT workout. I love peanut butter and chocolate, and knowing I have that healthy shake at the end keeps me going!"

-MARISA YBAÑEZ, @MARISA688

- ½ cup crushed ice
- 1 cup water
- 1 scoop chocolate protein powder
- 1 tsp vanilla extract
- 1 tbsp peanut butter
- ½ half banana

PER SERVING

Calories: 306, Fat: 9g, Saturated fat: 2g, Carbs: 28g, Fiber: 4g, Protein: 30g



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For those of you out there thinking about making a career change, don't wait any longer and don't doubt yourself... make the career change of a lifetime! You won't regret it, I know I didn't. I wake up everyday excited about going to work and touching thousands of lives. Believe in yourself and the ISSA will give you the tools you need to be a success!"

—Karen Mullarkey, ISSA CFT karenmullarkey.com



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- ISSA provides no-cost educational support to all of its students, even after program completion







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Ready for Adventure

Whether you're set on doing an obstacle course race or just looking to boost your fitness and fat loss, this total-body conditioning program helps you overtake any challenge BY ALYSSA SHAFFER

ENJOY PUSHING

your limits and putting every inch of your conditioning into action? Throw some mud pits, icy water, and even a little fire into the mix and you've got obstacle course races (OCRs). **Events like Tough** Mudder, Spartan Race, and Warrior Dash have skyrocketed in popularity. In 2013, more people did an obstacle race or mud run than a marathon or half marathon, according to Running USA. Many are driven not only by the challenge of scaling a 14-foot wall or crawling through mud under barbed wires, but also

the camaraderie, since teamwork is often key.

But how do you train to do everything from slithering through a 20-foot tube to swinging from monkey bars? "The races require a combination of cardiovascular endurance, speed, strength, and power," says Rebecca Golian, an SGX-certified elite Spartan Race competitor and a trainer at Chelsea Piers Sports Center in NYC, where she created the OCR Training program.

Because vou're racing from one obstacle to the next, you need to train your heart rate at

different zones, with high-intensity intervals as well as long, slow endurance work. At the same time, you need to develop functional strength to complete movements like pushups, pullups, crawls, drags, and carries. And, of course, there's the mind game: "You go through a lot in these races, so you need physical conditioning as well as mental grit," adds Golian.

This OCR training workout from Golian mixes all the elements needed to conquer an adventure race. But it's also a great way to burn fat and improve fitness -no mud required.

ADVENTURE RACE **TRAINING**

DYNAMIC STRETCHING:

Jump Rope 5 minutes **Alternate**

Toe Touch 10 per side **Standing**

Side Bend 10 per side

Trunk Rotation 20 rotations

Arm Circle 6-10 reps per side

Walking Lunge 15-20 reps

CIRCUIT 1

Run 1/4 mile (or about 2-3 minutes) at a moderate pace. Then do as many reps as possible of the following exercises for 1 minute each. Rest 30 seconds between each exercise. Complete the circuit 1-3 times, resting 1-3 minutes between each circuit.

- Pushup
- Crunch
- Pullup or Hanging Knee Raise
- Lunge
- Plank
- Body-weight Squat
- Burpee

CIRCUIT 2

Do this circuit 1-3 times. Rest 1-3 minutes between each circuit.

- Walking Lunge With or without weight; 15-20 reps
- Squat Jump
- No weight: 10 reps Front Bear Crawl Begin on all fours: lift knees slightly and step forward with right hand and right foot, then immediately repeat with left side. Keep knees close to ground, directly under hips. Continue for about 1 minute, building speed as you get more familiar with the movement.
- Reverse Bear Crawl Begin as above, this time stepping backward with right hand/foot and then with left. Continue for about 1 minute.
- Walking Lunge Body weight or holding weight; 15-20 reps
- Squat Jump No weight; 10 reps
- Run ¼ mile or about 2-3 minutes at a slightly faster pace than in Circuit 1.

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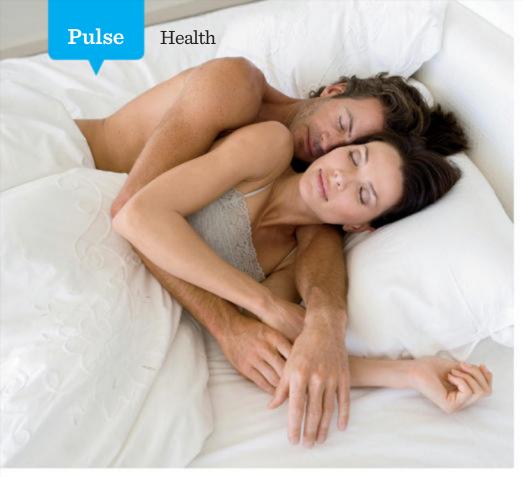


CVS/pharmacy Walgreens









Sleep Is the New Foreplay

• HIT THE SACK EARLIER TONIGHT and you'll be more likely to want some loving tomorrow, according to a new study in the *Journal of Sexual Medicine*. Researchers surveyed 171 women and found that those who got more shut-eye on a given night were significantly more likely to want some hanky-panky when they woke up. "The longer women sleep, the better their capacity for sexual desire the following day," notes study author David A. Kalmbach, Ph.D., a researcher at the Sleep and Circadian Research Laboratory at the University of Michigan Medical School. Good sleep is important for mood, concentration, memory, and energy, along with sexual desire and arousal, adds Kalmbach. "The important thing is to schedule your evening so you have enough time to get sufficient sleep." —DIANA KELLY



The Vitamin D vs. SPF Fix

Summer days are the perfect time to get some vitamin D, but if you're wearing sunblock to protect your skin, you may risk a D deficiency. Research has shown getting adequate vitamin D (a minimum 600 IU daily) helps prevent cognitive decline,

cancer, depression, osteoporosis, cardiovascular disease, and type-2 diabetes.

But don't shelve the SPF yet: "Increasing sun exposure without adequate sunscreen will increase your risk of skin cancer," says Linda Ciofu Baumann, Ph.D., member of the U.S. Preventive
Services Task Force.
Instead, focus on
eating D-rich foods
such as fortified milk,
juice, and cereal; fatty
fish like tuna, salmon,
and mackerel; and
cheese or egg yolks.
Or consider taking a
D2 or D3 supplement.

-DK

BE A FITNESS MENTOR

Finding a friend, peer, or young person to coach toward her fitness and health goals will not only benefit her, it may also help you to stay motivated and focused on your own health and wellness objectives. Win-win! Research published in the International Journal of Nursing Studies found that participants who were mentored had higher retention and participation rates in their fitness programs as well as improved overall fitness compared with those who worked independently. Dallas-based IFBB pro and judge Jennifer Thompson started mentoring now-18-year-old LeeAnn Thompson when she started dating LeeAnn's father a few years ago. The women soon bonded over a love of fitness as well as playing softball. Now LeeAnn's stepmom, Jennifer, shares workouts, healthy recipes, cooking advice, and hair and makeup tips with LeeAnn. "LeeAnn's energy, drive, and how she lives her life inspire me," Jennifer says. "Mentoring her is motivating and helps push me to maintain [the fitness level] I have and not let that fall. I want to be inspirational for her and not let the small things affect me while letting her know that anything is possible for her." -DK







Use these proven motivational techniques to power through your toughest workouts and stick to the strictest of diets—no matter how hectic your schedule gets

BY **DELFINA URE** | PHOTOGRAPH BY **KEVIN VAN AELST**

you want is to just go through the motions while exercising. But day-to-day life pressures can distract even the most dedicated among us.

Plus, obligations with

work, school, and

family can make

THE LAST THING

nearly impossible. The trick to juggling daily goals with a commitment to being healthy and fit starts with your mindset. These self-motivating tips can improve your focus, energy, and drive.

sticking to a diet feel

CELEBRATE THE LITTLE THINGS

Learning to revel in small successes on the path to achieving long-term fitness goals is the key to improving motivation. You can boost your resolve "by giving yourself positive feedback," says Judith S. Beck, Ph.D., author of

The Diet Trap Solution. Even better, she adds, "Give yourself double the credit when you do something positive toward your goal, even when you don't feel like it." Recognizing small improvements along the way to attaining bigger goals feeds the reward center in your brain, explains Beck, and bolsters self-confidence, increasing the likelihood that you'll continue engaging in the desired behavior.

FIND THE POWER TO SAY NO

You may be tempted to "give yourself permission" to opt out of doing your best during a workout or sticking to your diet plan when stressors are high. "But telling yourself it's not OK to skip out on your goals sends a powerful message to your brain that your commitment to fitness and health is non-negotiable," Beck says. When you give yourself no choice but to tackle the task at hand, you remove self-sabotaging behavior that can compromise the bigger picture.

GET HELP

A 2010 study in the International Journal of Behavioral Nutrition and Physical Activity showed that motivation plays an important role in adhering to a special diet. Half of a group of 80 women were given guidance on goalsetting techniques and journaling along with weight-loss advice, while the rest were provided with only the diet tips. Although both groups lost weight. those who had goalsetting guidance were

significantly more successful. The next time you're trying to cut calories, make sure to set up an emotional backup plan. Try visualizing yourself successful at the task, plotting and tracking your goals, or even recruiting a supportive friend. Just one source of positive reinforcement can help strengthen your effort and get you the results you want.

A STERN CELEBRATION

Two-time IFBB Figure Olympia champ Erin Stern knows well the challenges of sticking with a Spartan diet for months on end. To get to the finish line, she follows our first motivational rule, acknowledging smaller accomplishments along the way to bigger goals, but includes a very satisfying twist.

"Once the main goal is defined, I create a time line and a series of minigoals," Stern says. "This helps me stay on track. I employ the use of nonfood rewards for achieving each minigoal. I love little celebrations, like a new pair of shoes, a massage, or a manicure!"



50 | M&F HERS | JULY/AUG 2015

Lavoisier Health & Beauty

Advanced Breast Therapy

What Are People Saying About ABT?

After almost forty years in a "training bra," I have filled a B-cup in only 6 weeks... — **LL**

I had to cut back on the amount of [ABT] I was using because I got tired of buying larger bras. — MR

My girlfriend asked me if I had breast implants. I told her no, that I was using [ABT]. My breast are plumping up and coming out of my bras at the top. — PW

My PMS breast pain and swelling was so bad that I could not stand to touch my breasts and even the shower hurt. Now after using [ABT] I have no pain. — **EA**

[I] have had a patient on [ABT] with amazing results! She is 40 with three children and a 120 lb weight gain from the last child. After losing that weight, she had drooping ... [with] her breasts. [After 3-4 months of ABT] she has increased firmness [and] size... I AM AMAZED! - JS, Clinical Pharmacologist

child/weightloss boobs
... I am ordering round 2
of treatment and am
completely satisfied as
is my husband. It is nice
to have firm/lifted
breasts.... a great
alternative to surgical
breast enhancement! –
SD, Personal Trainer

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\$19, drhauschka.com

This travel-size cuticle pen is packed with healthy oils to strengthen cuticles and keep your pedicure lasting longer.

2 SILK'N PEDI \$29, silkn.com

Get your skin buffed and beautiful with this portable exfoliator, which has interchangeable rollers for coarse or sensitive areas.

3 KNEIPP FOOT BATH CRYSTALS \$22, kneippus.com

Calendula-rosemary crystals are designed to soothe aching, tired feet.

4 SALLY HANSEN COMPLETE SALON MANICURE IN WHAT IN

\$8, sallyhansen.com

Live in lilac: base coat, strengthener, and gel finish all in one bottle.

5 PACIFICA BEAUTY POLISH IN TURQUOISE TIARA \$9, pacificabeauty.com

Who doesn't want to wear a tiara? Looks good on everyone.

6 OPI NAIL LACQUER IN CAN'T HEAR MYSELF PINK! \$9.50. ulta.com

The most pulsating shade of the season.

10

SNEAKER BALLS \$5, sneakerballs.com

Keep your shoes fresh and odor-free in the dog days of summer.

8 MS. MANICURE TOE SEPARATORS \$1, ulta.com

Ensure that your polish goes on perfectly.

9 LUSH COSMETICS STEPPING STONE FOOT SCRUB

\$4.50, lushusa.com

Exfoliate away dry, rough skin with this citrus-scented pumice and sea salt scrub.

10 MOLTON BROWN DESERT BLOOM INTENSE FOOT RESCUE

\$27, moltonbrown.com

Luxurious cream with hydrating desert plant extracts plus aromatic jasmine, lemon, and basil scents.

II NATURALS MOISTURIZING CALLUS BUTTER

\$10, naturalfootcare products.com

An essential part of the pedicure process: Apply this heel butter to newly exfoliated skin to ensure softness that lasts.

12 BURT'S BEES PEPPERMINT FOOT LOTION

\$9, burtsbees.com

Tingling peppermint lotion invigorates your soles and refreshes weary feet.

DIY PERFECT PEDICURE

Pamper your feet with 12 at-home foot-care essentials

BY CHRISTINA SIMONETTI | PHOTOGRAPH BY BRIAN KLUTCH



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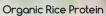
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SOLIDS



LULULEMON ATHLETICA

Surf to Sand Triangle top: \$54; **Surf to Sand Cheeky reversible bottom:** \$54; lululemon.com



PRINTS





HUITE 8

Coming Soon in Hibiscus top: \$83; Coming Soon in Hibiscus bottom: \$46; barenecessities.com



CHICA RICA

Scalloped Lace Triangle top in Cherry: \$22; Tie Side Scrunch **bottom:** \$22; yandy.com

Turn up the volume with this sexy lace bikini.



Unicorn Underwire top: \$78; Victorious Tie bottom: \$64;

bestswimwear.com







VITAMIN A

Klein Blue EcoLux Neutra Bralette top: \$88; Chloe Double Braid bottom: \$84;

canyonbeachwear.com

Luxe materials give a light sheen and ultrasoft feel against skin.



TORI PRAVER SWIMWEAR

Saffron top: \$110; Saffron bottom: \$101; neimanmarcus.com





GURIA BEACHWEAR

Rio High Neck top: \$78; Rio Band bottom: \$71; guriabeachwear.com.br





LULI FAMA

Sea Salt Angel/Siren String triangle top: \$82; Sea Salt Angel/Braided Hot Buns bottom: \$88; lulifama.com

Unique strappy details on the top and bottom are perfect attention grabbers.



BODY GLOVE

Iris Baby Love top: \$55; Iris Brasilia bottom: \$46;

swimnsport.com



INDAH

Ola Triangle top in Tie-Dye Orange: \$120; Kayla Simple **bottom:** \$120, indahclothing.com





Makiki Orange Dawn Patrol top: \$50; Makiki Orange Basha **bottom:** \$50; dakine.com



Bandeau Bow bra top; Side Bow Classic bottom: each from \$80 in similar styles; Lord and Taylor









Tides of Way Crop halter top: \$46; Tides of Way Tie Side mini bottom: \$38; roxy.com



Snake Locals top: \$110; **Snake Pikake bottom:** \$115; vidasoleil.com





BEACH BUNNY SWIMWEAR Endless Summer Push Up top: \$110; Endless Summer Skimpy **bottom:** \$90; beachbunnyswimwear.com



SKYE SWIM Horizon in Maldive Nikki top: \$68; Horizon in Maldive Tie Side Med bottom: \$48;

swimnsport.com

















ANDMINE **SQUAT AND PUSH**

WORKS: SHOULDERS,

- Stand with feet slightly wider than shoulder-distance apart, holding bar at chest level.
- Squat down, keeping body weight over heels and bar at chest height (A). Lower your body until your elbows almost touch your thighs.
- Explode up off your heels, extending your arms upward and forward (B).
- Perform three sets (20, 16, 12 reps), decreasing reps while increasing weight each set.

TIP

FOR ADDED MUSCLE ENGAGEMENT, RISE TO BALLS OF FEET, FLEXING CALVES AT TOP.



LANDMINE ONE-ARM ROW

WORKS: CORE, BACK

- Place your left foot forward and the ball of your right foot approximately 30 inches behind your left. Hold the bar with your left hand, keeping your hand just outside your left knee.
- Moving only at your elbow, row the barbell up to hip height, then return to start.
- Perform two sets of 15 reps each arm.



WORKS: SHOULDERS, CORE

- Stand with your feet shoulder-width apart, holding a single kettlebell in front of your thighs, with both palms facing your body.
- Thrust your hips forward and swing the kettlebell overhead.
- At the top of the movement, rotate your torso to the right while the kettlebell is still overhead.
- Return your torso to the center while simultaneously letting kettlebell descend back to start position. Keep chest up.
- Do not pause at bottom. Swing the kettlebell back up and rotate to opposite side. That's one rep.
- Perform two sets of 10 reps.





EXPLODING PUSHUP

WORKS: SHOULDERS, CHEST, CORE

- Place hands on tire in a pushup position, wrists in line with elbows, feet shoulder width on floor, and back flat.
- Lower into a pushup and then explosively push off tire.
- Land with soft elbows and immediately descend into the next pushup. Perform two sets of 20 reps.







SITUP

WORKS: CORE

- Lie with your lower back over the curvature of an AbMat. Place your hands behind your ears with your elbows out. Place your feet six inches apart on floor, bending knees 90 degrees.
- Slowly raise your torso until it's just short of perpendicular to the floor.
- Slowly lower back to the AbMat, keeping torso parallel to the floor, head lifted, and core constantly engaged.
- Perform three sets of 25 slow reps.

TIRE FLIP

WORKS: SHOULDERS, BACK, LEGS

- Stand with feet wider than hip width and lower into a deep squat.
- Slip your hands under the tire with your palms facing upward and your hands shoulder-distance apart. Raise the tire about four inches (A).
- Using your legs and arms, pulse your knees and push tire up until tire is at 45 degrees, then quickly reverse your hands to an overhand grip.
- Driving through your heels and pressing your shoulders forward, push the tire over onto its reverse side (B).
- Shuffle up to the flipped tire, assume a wide stance, palms facing up underneath tire, and repeat movement.
- Perform two sets 15 flips in a line. If space is limited, move to the other side of the tire and flip it back to the start position.











GRILLED CHICKEN BREAST with **GREENS**

MAKES 4 SERVINGS

If you don't feel like making the herb mop, use a grilling brush to baste the chicken.

INGREDIENTS

- 1 herb mop (1/4 lb fresh thyme, 1/4 lb fresh sage, and 1/4 lb fresh rosemary bound at one end with butcher's twine)
- 1/4 cup plus 1 tbsp extravirgin olive oil
- 4 free-range chicken breasts, skin on Cracked black pepper, to taste
- 1 lemon, halved
- 2 tbsp chopped fresh thyme
- 1 Granny Smith apple, cored, quartered, sliced Juice of 1 lemon
- 1 lb Swiss chard
- 1 tbsp toasted pine nuts
- 1 tbsp golden raisins

DIRECTIONS

- 1. Preheat grill to high. Let ends of herb mop sit in 1/4 cup olive oil while grill heats.
- 2. Stretch skin of breasts to uniformly cover meat. Season with pepper; brush lightly with herb mop. Place breasts onto grill, skin side down, for 1 minute. Brush top of breast; give it a quarter turn. Repeat 4 more times. Move chicken to indirect heat; brush liberally with herb mop. Cook 8 to 10 minutes, or until internal temperature is 165°F. Squeeze lemon and sprinkle thyme over chicken.
- 3. While chicken cooks, heat sauté pan with 1 tbsp olive oil. When oil starts to smoke, add apple. Cook to golden brown. Add lemon juice and Swiss chard; allow to wilt while stirring. Add pine nuts and raisins. Top chicken with chard, fruit, and nut mixture.

PER SERVING

Calories: 370, Fat: 22g, Saturated fat: 3g, Carbs: 17g, Fiber: 3g, Protein: 29g



INGREDIENTS

MARINADE

- ½ cup extra-virgin olive oil
- 6 large garlic cloves, minced
- 2 tbsp chopped fresh rosemary
- 2 tbsp chopped fresh thyme
- 2 tbsp fresh cilantro leaves
- 2 tsp smoked paprika
- 2 tsp red chili flakes
- 1/4 cup sherry vinegar

STEAK

- 1 tsp sea salt
- 2 tbsp coarsely ground black pepper
- 2-2.5 lbs flank steak

SALSA

- 1 lb tomatillos, husked, rinsed, patted dry
- ½ large white onion, cut into 8 wedges
- 1 serrano chili, halved and seeded

- 2 tbsp fresh lime juice
- 3 tbsp avocado oil
- 2 avocados, peeled and medium diced Sea salt to taste

DIRECTIONS

- 1. Place marinade ingredients in small bowl, stir to combine, and let sit 2 hours.
- 2. Rub salt and pepper all over steak, then marinate 2 to 4 hours. Let sit at room temperature while you prepare the grill.
- 3. While flank steak marinates, preheat grill to high. Place tomatillos, onion, and chili on grill until blistered (12 to 15 minutes), turning halfway through.
- 4. Transfer grilled vegetables to blender. Add lime juice and avocado oil. Pulse until

chunky puree forms. Fold in avocado; season with salt.

5. Place steak on grill and cook for 3 minutes. Rotate steak 90 degrees and grill until the underside is deep brown and grill marks have appeared, about 3 minutes more. Flip steak and continue grilling, rotating 90 degrees once, until meat is deep brown, grill marks have appeared, and steak has reached an internal temperature of 125°F (for medium rare), 10 to 12 minutes total. Transfer steak to a cutting board and let rest for 8 to 10 minutes. Slice against the grain; top with Avocado-Tomatillo Salsa.

PER SERVING

Calories: 504, Fat: 36g, Saturated fat: 8g, Carbs: 13g, Fiber: 5g, Protein: 33g

BISON BURGER with TOMATO-CINNAMON MARMALADE

MAKES 6 SERVINGS

Bison is lower in calories and fat and higher in micronutrients than traditional beef. Plate it over a bed of raw kale that has been tossed with lemon juice. The heat from the burger and acidity from the lemon juice will slightly wilt the greens.

INGREDIENTS

- 2 beefsteak tomatoes, peeled, seeded, diced Juice of 1 lemon, plus zest of ½
- 1 cinnamon stick
- 1 tbsp coconut sugar
- 3 tbsp extra-virgin olive oil
- 2 cloves garlic, finely minced
- 2 shallots, minced
- 12 kalamata olives, pitted and roughly chopped Pinch red pepper flakes
- 2 lbs ground bison
- 3 tbsp roughly chopped fresh dill
- 3 tbsp fresh mint, sliced into ribbons (chiffonade)
- 1 tbsp roughly chopped tarragonSalt and black pepper, to taste

DIRECTIONS

1. In a saucepot, combine tomatoes, lemon juice, cinnamon stick, and coconut sugar. Cook over low heat, stirring often, until tomatoes are rich and syrupy. (It should take about an hour.) Remove cinnamon stick and transfer mixture to a glass bowl. Refrigerate until completely cooled. 2. Heat olive oil in a sauté pan over medium heat. Add garlic, shallots, olives, and red pepper flakes and cook until golden brown, about 4 minutes. Set aside to cool.

- **3.** In a large bowl, combine bison, olive mixture, herbs, and lemon zest. Evenly distribute the ingredients and form 6 uniform patties. Season the outside with salt and black pepper.
- **4.** Grill over medium heat for 2 to 3 minutes on each side for medium rare. Remove from the grill and let burgers rest for 2 minutes. To serve, place burger on plate and top with a spoonful of Tomato-Cinnamon Marmalade.

PER SERVING

Calories: 447, Fat: 33g, Saturated fat: 12g, Carbs: 9g, Fiber: 1g, Protein: 29g





GRILLED MAHIMAHI with **JICAMA-MANGO SLAW**

MAKES 4 SERVINGS

Grilled fish and a fruity slaw hit the spot when you want a simple summer supper. Serve it over radicchio that has been lightly grilled and simply dressed.

INGREDIENTS

- 4 oz jicama, shredded with a mandoline or box grater
- 1 ripe mango, diced
- 1 scallion, finely sliced
- 1 small bunch fresh cilantro, roughly chopped Juice of 1 lime
- 1 ripe Roma tomato, seeded and diced small
- 4 tbsp avocado oil, divided
- 4 6-oz fillets of mahimahi, skin and bones removed
- 1 tsp coarsely ground coriander
- 1 tsp coarsely ground black pepper Sea salt, to taste

DIRECTIONS

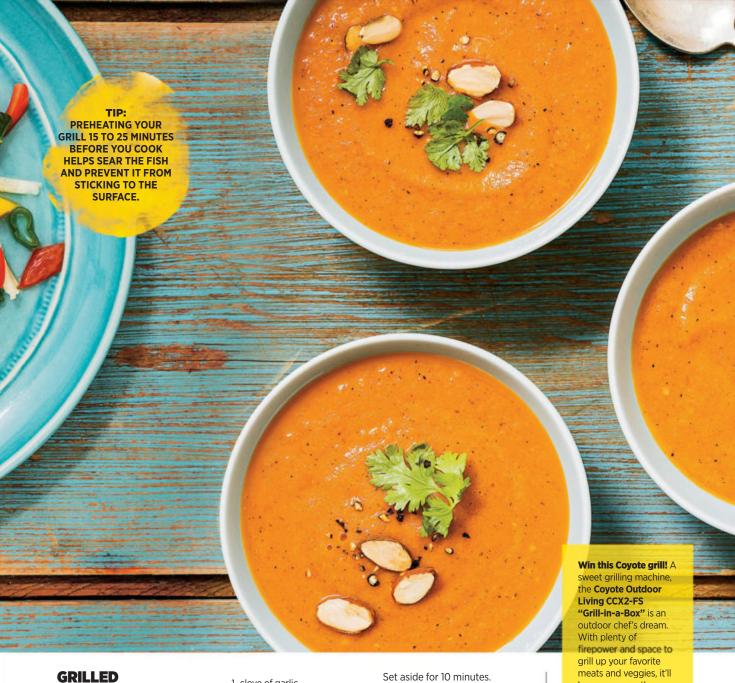
1. In a mixing bowl, combine jicama, mango, scallion, cilantro,

lime juice, tomato, and 2 tbsp avocado oil. Gently stir until evenly mixed.

- 2. Preheat grill to high. Rub mahimahi with remaining avocado oil. Season with coriander, black pepper, and sea salt.
- **3.** Place fish on grill and sear for 2 minutes; turn 90 degrees. Cook another 2 minutes and flip. Repeat on other side; remove immediately. The fish should be cooked through but not dry. Serve while hot and top with Jicama-Mango Slaw.

PER SERVING

Calories: 377, Fat: 16g, Saturated fat: 2g, Carbs: 15g, Fiber: 3g, Protein: 9g



VEGETABLE GAZPACHO

MAKES 4 SERVINGS

Serve this at your next barbecue and watch your friends get their veggies by the bowlful. Add grilled shrimp or crab to make this traditional cold Spanish soup a meal.

INGREDIENTS

- 2 beefsteak tomatoes
- 1 red pepper, whole
- 1 yellow pepper, whole
- ½ red onion, peeled and cut into 1/4-inch rings
- 1 English cucumber, peeled and chopped

- 1 clove of garlic
- 2 tbsp sherry vinegar
- 1 tsp black pepper Pinch sea salt
- 15 fresh cilantro leaves, washed. dried, and roughly chopped, plus 12 leaves for garnish
- 1 oz almond slivers, toasted

DIRECTIONS

1. Preheat the grill to high. Core tomatoes; cut in half. Place on grill, flesh side down. Place peppers and onion over flame. Grill onion and tomatoes for 3 minutes per side; remove from grill. Rotate peppers every few minutes until the skin is charred. Remove from grill; place in a mixing bowl. Cover bowl tightly with plastic wrap.

2. Using a clean, dry towel, wipe away skin from peppers. Break open; discard stems and seeds.

3. On a cutting board, roughly chop all veggies; add to a blender with juices. Add garlic, vinegar, pepper, salt, and cilantro and blend, pulsing at first, then on high for 3 to 4 minutes. Pour into a shallow container: cool for 2 to 5 hours. Garnish with cilantro leaves and almond slivers.

PER SERVING

Calories: 96, Fat: 4g, Saturated fat: 0g, Carbs: 13g, Fiber: 4g, Protein: 3g

have you expertly satisfying everyone's cravings. Enter for a chance to win at muscleandfitnesshers .com/grill-sweeps.







Build sexy shoulders, arms, chest, and back while burning fat and toning your core with this 30-minute circuit

BY ALYSSA SHAFFER PHOTOGRAPHS BY JAMES FARRELL • **NOTHING SAYS CONFIDENCE** like a lean, sculpted upper body. From gorgeous delts to shapely biceps and back muscles, your top half is just as important as the bottom is when it comes to achieving a well-rounded physique. "The goal of this upper-body circuit is to use enough resistance to stimulate an increase in muscle and strength while keeping the intensity high enough to burn fat," says IFBB figure pro Robynn Europe, a personal training manager at New York Health & Racquet Club in New York, who designed the routine. Doing the moves will challenge both your upper body and core while keeping your heart rate elevated. Do eight reps of each exercise in the circuit, taking minimal rest between moves. Complete the circuit three times. Remember to choose a weight that's heavy enough for you to maintain proper form while reaching fatigue by the end of the final rep. Then step forward and flex—even if it's just for fun.

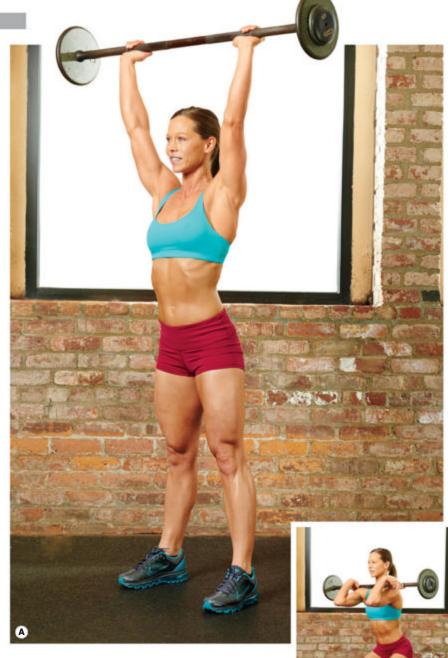




SQUATTED

(WORKS: SHOULDERS, BACK, BICEPS, CORE, QUADS)

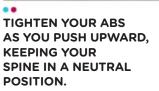
- Set a rope attachment on a cable stack machine so it's about chest-high when you are in a squat position. Step approximately 3-4 feet away from the stack, holding the rope with your arms extended in front of you at chest height. Squat down, bending knees 90 degrees **(A)**.
- Retract your shoulder blades, then pull your elbows as far back as possible, keeping them close to your sides (B).
- Straighten arms and repeat, remaining in squat throughout exercise.



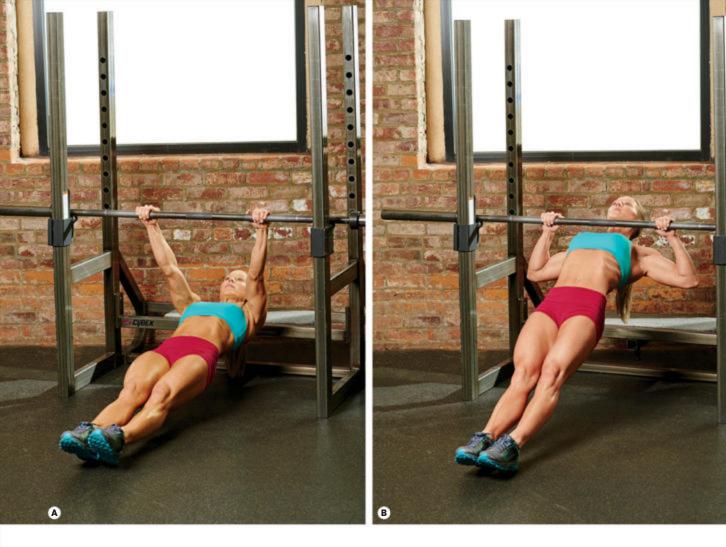
BARBELL PUSH PRESS

(WORKS: SHOULDERS, CHEST, TRICEPS, CORE, GLUTES)

- Set a bar chest height at a squat rack (not shown). Using an overhand grip, place hands shoulder-width apart, gripping bar firmly, and step away from rack.
- Bend your knees slightly and explosively drive upward through your heels, pushing the barbell up and extending your arms overhead (A): keep abs tight and weight centered over heels.
- Return barbell to front of shoulders, keeping both elbows pointed forward while bending knees slightly (B). Repeat for 8 reps.







✓ INVERTED ROW

- Set a bar on a power rack or Smith machine at about waist height (enough so your arms are fully extended when underneath it). Lie on the floor so the midline of your chest is directly underneath the bar. Place hands slightly wider than shoulder width on the bar, and lift yourself off floor (A).
- Keeping your body completely in a straight line from shoulders to ankles, retract your shoulder blades and pull your chest up toward the bar, flaring your elbows out to the sides **(B)**. Slowly lower back to the floor without touching and repeat for 8 reps.



V PUSHUP

(WORKS: SHOULDERS, TRICEPS, CORE)

- Stand with your feet shoulder-width apart, arms at sides. Bend forward from hips, placing hands on floor, and walk hands about 2 feet forward. Bring your index fingers and thumbs together, forming a diamond. Lift heels off the floor, straightening your legs so your body forms an inverted V.
- Bend elbows so they point down toward legs (not out) while lowering head as close as you can toward hands.
- Straighten arms, keeping heels lifted and abs engaged. Do 8 reps.

DON'T FLARE YOUR ELBOWS OUT AS YOU LOWER DOWN.





WEIGHTED DIPS (WORKS: TRICEPS, CHEST)

- Place two weight benches about 2–3 feet apart, or until legs are fully extended. Sit on one bench with hands a few inches from either side of hips, fingers facing forward. Place dumbbell between knees, resting calves and feet on second bench.
- Lift hips off bench, keeping arms fully extended and your tailbone close to bench (A).
- Bend elbows 90 degrees as you lower hips toward floor, keeping your body close to bench and elbows pointed behind you (B). Hold for a one count, then straighten arms; repeat for 8 reps.

PLANK WITH ARM RAISE

(WORKS: SHOULDERS, CORE)

- Begin in a plank position, forearms on floor with elbows directly under shoulders and legs extended, forming a straight line from head to heels (A).
- Inhale deeply. As you exhale, tighten abdominals and extend right arm straight ahead of you without moving the rest of your body (B).
- Inhale as you return to starting position, then exhale and extend left arm forward. That's one rep; do 8 reps.



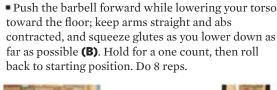


KEEP ELBOWS DIRECTLY UNDER SHOULDERS, NOT AHEAD, BEHIND, WIDER, OR NARROWER.

BARBELL ROLLOUT

(WORKS: SHOULDERS, CORE)

• Kneel on the floor with hands shoulder-width apart on a plate-loaded barbell, abs engaged, and elbows locked (A).















SEATTLE, WASHINGTON

FITNESS FAVORITES: Rainforest hiking, sea kayaking, cycling

Seattle natives and visitors alike are spoiled with a choice of ways to exercise outdoors. The hands-down favorite hike of locals is Mount Si, an eight-mile trek through lush old-growth forests, filled with gaping views of Mount Rainier, Seattle, and the Olympics. For those who want time on the water, venture out to the famous San Juan Islands (45 minutes by floatplane), where you can stroll into downtown cafés for a taste of heaven in your coffee cup before heading out for some of the absolute best sea kayaking in the U.S. Or set off for the waters closer to the city in Lake Washington or Lake Union. Back on solid ground you can bike or run the six-mile Cheshiahud Lake Union Loop in the city, taking in water views as you go.

RESOURCES: For flights to San Juan Islands, check out kenmoreair.com. Sea kayaking in Seattle: Alki Kayak (kayakalki.com). For glamping, the exclusive Luxury Canvas Cabins are situated an hour and 30 minutes from Seattle. There you can stretch out in airy, chicly designed accommodations that also have nearby hiking, kayaking, and swimming.



MAMMOTH LAKES, CALIFORNIA

FITNESS FAVORITES: Kayaking, canoeing, road and mountain biking, hiking, swimming

Just a six-hour drive from the beaches of Los Angeles, the dramatic lake basin offers an

incredible range of activities, from hiking and cycling to swimming and stand-up paddleboarding (SUPing) in Horseshoe Lake. Get rolling at the women's-only Leigh Donovan Mountain Bike Camp, which provides step-by-step instruction from a female downhill mountain biking world champion while also offering up plenty of pampering, including daily yoga and healthy gourmet meals.

RESOURCES: visitmammoth.com



DESTINATION:

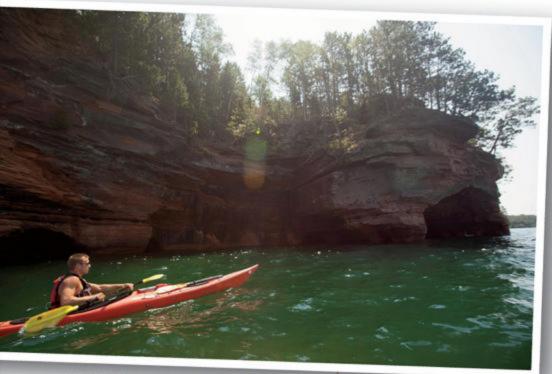
JACKSON HOLE, WYOMING

FITNESS FAVORITES:

Cliff jumping, trail running, mountain biking, whitewater

They don't call them the Grand Tetons for nothing-the wowworthy scenery here makes a lasting impression. Go SUPing on the glistening String Lake at the base of the Tetons, or head to Phelps Lake for a trail run with rolling hills. (At mile five there's a big rock cliff from which all the locals jump into the lake!) Jackson Hole Mountain Resort offers fantastic mountain biking trails. Or head to Snake River Canyon for whitewater rafting where there are eight sets of Class I to Class III rapids in a winding eight-mile section.

RESOURCES: Try Jackson Hole Sports for bike rentals (jacksonhole.com); Rendezvous River Sports (jacksonholekayak.com) for water-sports gear and guides. Glamp at a modern cowgirl ranch: Turpin Meadow Ranch, just 45 miles from the town square and owned by two former Olympians; activities include horseback riding, hiking, and fly-fishing.



ALBUQUERQUE, **NEW MEXICO**

FITNESS FAVORITES: Biking, paddling, rafting,

Stay local wherever you go here—nothing is far from the city center. Bike tours are a great option if you're short on ideas and want to see the best of Albuquerque; there are also wine tours and routes that start with a yoga class. Want to stay cool? Head to the waters of the Rio Grande for some SUPing. Then there are the jaw-dropping mountains for hiking and trail running, from the relatively flat Valles Caldera (one of the rare supervolcanoes in North America) to the 10,200-plus-foot Sandia Peak. Or hit the Sandia Peak Tramway, a local lift serving the mountain, for some Grade A mountain biking that covers the terrain. After all that, you deserve to wind down at a local chic downtown bar, such as the Apothecary Lounge.

RESOURCES: For bike tours, check out Two Wheel Tourism (twowheeltourism.com), SUP rentals: Quiet Waters Paddling (quietwaterspaddling.com).







STINATION: MILWAUKEE, WISCONSIN

FITNESS FAVORITES: Sailing, Jet Skiing, cycling, kayaking, golfing, mountain biking, hiking

Just a two-hour drive from Chicago. this gem of a brew town is the perfect base for fitness vacationers. Golfers can try their swings at Brown Deer Golf Course, where Tiger Woods started his PGA Tour career. Just an hour outside of the city, Kettle Moraine State Forest is a sweet spot for hiking, trail running, and mountain and off-road biking. Glacier-formed valleys and trails make for great single and double tracks, where you can charge up hills and splash through water obstacles. (One favorite is the Emma Carlin Trail, near the town of Palmyra and a perfect place for a pit stop.) The popular John Muir trail runs right through the Milwaukee area and is ideal for virtually private mountain biking runs. Or spend the day on Lake Michigan, where you can kayak, sail, or Jet Ski.

RESOURCES: For golf courses, check out milwaukeecountvgolfcourses.com. Milwaukee Community Sailing (sailingcenter.org); Milwaukee Kayak Company (milwaukeekavak.com) for kayak, canoe, and SUP rentals; and Hands-on Science (call 414-803-3515) for Jet Skis.

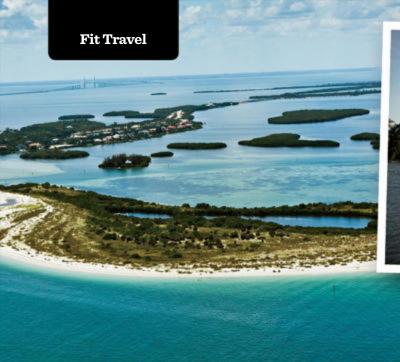
Three Fit Reasons to Get **Outside**

GET A MIND-BODY REBOOT. Research from Scandinavian Journal of Work, Environment & Health shows that outdoor exercise lowers blood pressure and boosts mental health more than staying indoors. "Whether you're kayaking, rock climbing, horseback riding, or mountain biking, outdoor activities give you a chance to breathe in some fresh air, soak in some vitamin D, and recharge," says Jennifer Pharr Davis, a hiker, author, and owner of Blue Ridge Hiking Company, who has hiked six continents, exploring trails in all 50 states, and set the endurance record on the 2,185-mile Appalachian Trail.

GAIN NEW CONFIDENCE (AND NEW MUSCLE).

Setting a one-rep max in the gym is one thing, but "if you're setting a new PR on a trail run, barrel rolling a kayak for the first time, or biking farther than you ever have before, you're always up against natural obstacles that are pure and relentless," Davis says. They are guaranteed to expose your weaknesses and "shock" your muscles with new challenges.

BE YOUR BEST SELF. In the wilderness, "you're always welcome and reminded that you are beautiful and that your body can do amazing things," Davis says. There, you're stripped of judgment and other hurdles that may have worked their way into your life. Research shows that hiking can even boost creativity by up to 60%.







ST. PETERSBURG, FLORIDA

FITNESS FAVORITES: Speed boating, kayaking, parasailing, trail runnina

St. Petersburg/Clearwater is part laid-back beach town, part outdoor playground, and part chic downtown arts-and-culture center. Consider Fort De Soto Park, with its white sands, towering mangroves, and palm forests (recently named a top beach by Trip Advisor), your base for active fun. Start with a trail run or biking through the park, then cool off in the water by kayaking or stand-up paddleboarding. Plus, there's what Florida is known best for: boating! Step up to the throttle and whiz around Tampa Bay or in the Gulf of Mexico at St. Pete Beach. Or you can always sprint in the sand or unwind at daily beach yoga classes.

RESOURCES: For bike, kayak, and SUP rentals: Topwater Kayak Outpost. Speedboat Adventures (tampaspeedboatadventures.com). Beach yoga: Loews Don CeSar Hotel. Downtown St. Pete has sexy rooftop bars like the Canopy at Birchwood Hotel for relaxing. Stock up on clean-eating supplies and meals to go at the organic market Locale.

DESTINATION:

CHARLOTTESVILLE, VIRGINIA

FITNESS FAVORITES: Hiking, tubing, kayaking, skydiving

Virginia's Shenandoah National Park is one of the most picturesque hiking destinations on the East Coast. It's also one of the most visited, with 100,000 park attendees touching down there annually. Make Charlottesville your home base for park access.

Nearby, there are cycling, trail running, wine tours, hiking, and more. The best hikes include Hawksbill Mountain (the highest peak in the Shenandoah Mountains at 4,050 feet) and Mary's Rock (moderately difficult). Some trails are supersteep (great butt workout) but worth the view. There's also tandem skydiving for adrenaline junkies, and if you go in the autumn, you'll never see fall colors like this elsewhere!

RESOURCES: For water-sports and fishing gear: James River Reeling and Rafting (reelingandrafting. com); Skydive Orange (skydiveorange.com). For glamping, Solid Ground Shelters has beautiful European-inspired accommodations that mesh outdoor living with lofty B&B comforts (solidgroundshelters.com).

GOTTA-HAVE GEAR

The latest essentials to enhance all your on-the-go escapades



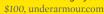
GOPRO HERO4 SILVER

A teeny-tiny action camera plus video with massive capabilities, the HERO4 captures your latest outdoor stunts—and your gym selfies, too. Wi-fi sync means Instagramquick uploading. \$400, gopro.com



WOMEN'S UA SPEEDFORM XC TRAIL RUNNING

Durable, supportive, and stylish, this shoe is vital when you're running on rough terrain. A seamless heel cup with silicone grip gives a locked-in anatomical fit but at just six ounces won't weigh you down.





GARMIN VIVOACTIVE GPS MULTISPORT WATCH

This sleek GPS smartwatch has a touch screen that wirelessly syncs with your smartphone. Download sports apps, text your fam, and more. Bonus: Three-week battery life handily beats the Apple Watch. \$250, garmin.com

STOWE, VERMONT

FITNESS FAVORITES: Hiking, rock climbing, horseback riding, zip-lining
Just 50 minutes from Vermont's largest city of Burlington, Stowe is a fantastic base
for your Green Mountain State adventures. Both Stowe Mountain Resort and
Smuggler's Notch Resort are within driving distance of Boston and New York. The
tallest peak in the state, Mount Mansfield (4,393 feet), at Stowe Mountain Resort,
can make for a full-day hike, but you can also nail some routes in as little as 15
minutes. If you're just into going one way, you can always hop on one of the
year-round ski lifts in operation at Stowe. You can also get your heart rate soaring on
a zip line, check out the scenery on horseback or by mountain bike, or conquer the
surrounding mountains with rock climbing.

RESOURCES: ArborTreks (*arbortrek.com*) was voted one of the Top 10 Best Zipline Courses in the U.S.A. by *USA Today.* For glamping, check out Puddy's five-star "Wildernests" luxury tents, just 67 miles away from Stowe.







LULULEMON FIND YOUR BLISS JACKET

This reversible jacket comes in an array of colors. It has sexy mesh on one side to keep you cool and sweat-wicking fabric on the other for warmth when you need it. \$128, lululemon.com



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-KRISTIN MAHONEY

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VEGETARIAN

CLEAN EATING

Think going meatless means you lose all of the lean muscle you've sculpted? Guess again: A balanced vegetarian diet allows athletes to get all the protein they need without sacrificing results. Here's how.

BY **SHANNON CLARK** | PHOTOGRAPHS BY **BRIAN KLUTCH** | FOOD STYLING BY **SUZANNE LENZER**

• WHETHER YOU'RE CONSIDERING GOING VEGETARIAN because of moral or environmental concerns or you are just looking for a fast track to better health, you may have one pressing concern: Will I get enough protein in my diet to maintain my active lifestyle? True, protein is the building block for muscle growth, which makes that question valid for active women everywhere. But a closer look reveals that even some of the most popular diets today, including the meat-centric Paleo diet, are based on principles that savvy vegetarians have been using for years: Eat simply, benefit greatly.

And while a poorly planned vegetarian diet—or any other diet, for that matter—isn't going to have you setting PRs in the gym anytime soon, a well-thought-out one will help you reach your goals and feel great. It's time vegetarians got their place at the table for healthy living—without sacrificing muscle. Here's what athletes need to know about going vegetarian.

ONE SIZE DOES NOT FIT ALL

Just as you have choices for workouts, there are a variety of approaches to a vegetarian diet. Some options:

■ VEGANS follow the strictest form of vegetarianism, avoiding all animal-based foods as well as products such as leather sneakers or bags.

■ LACTO-VEGETARIANS follow a mostly plant-based diet, but they also consume dairy products like milk, cheese, and eggs.

■ PESCATARIANS

expand their diets to include fish and seafood along with dairy products.

FLEXITARIANS

(or omnivores) don't fit a strict vegetarian ideal since they still occasionally have red meat, poultry, or pork. If you aren't ready to commit to a nonmeat diet, it might be the right approach for you.



BRING ON THE BENEFITS

What do exercising vegetarians have going for them? Lots. A study published in the *Proceedings* of the Nutrition Society noted that vegetarians have decreased cholesterol levels and about 25% lower risk of mortality due to heart disease, while a study in the European Journal of Clinical Nutrition noted a 15% higher carotenoid antioxidant status in vegetarians compared with their meat-eating counterparts. Carotenoids boost the immune system, which is key among hard-training women, since strenuous exercise weakens your body's defense systems.

The high fiber intake that comes with eating lots of different fruits and vegetables may also help assist with natural fat loss. "It's easier to regulate body weight with plant-based diets because the bulk of food is coming from healthy fiber, which fills you up quickly, leaving you with less room to eat calorie-dense foods," says Suzanna McGee, a former Ms. Natural Olympia and author of *The Athlete's Simple Guide to a Plant-Based Lifestyle*. Research backs this up. A study published in *Nutrition Reviews* noted that when dietary fiber was increased by 14 grams per day, there was a 10% decrease in total energy (calorie) intake.

Being vegetarian may also help you lose weight and stay leaner, according to a study published in the *Nutrition Research and Practice Journal*. Researchers analyzed 45 vegetarians who had maintained the lifestyle for 15 or more years. In contrast with 30 omnivores, they found the vegetarians had, on average, 3.8% lower body-fat percentages.

But Can You Build Muscle?

Despite the many health benefits one may get from following a plant-based diet, many fitness enthusiasts worry it just won't fulfill their protein needs to be able to build and maintain lean muscle. Think again, says McGee, who stands 6' tall at 160 pounds and has just 11% body fat. "We need much less protein than we tend to believe. The average active woman needs 0.35 to 0.6 grams per pound of body weight, which is approximately 45 to 78 grams per day for a 130-pound woman. Delivering high-quality carbohydrates in the diet guarantees good and easily digestible energy as fuel."

In fact, nonmeat eaters may even have a performance edge. "A balanced vegetarian diet contains all the macronutrients—including quality protein, healthy fats, and complex carbohydrates—essential for energy, performance, muscle growth, and recovery," says Krissy Adams, R.D., a nutritionist and fitness model who follows a vegan diet. "These are the key aspects in anyone's capability to lift."

Max Your Macronutrients

The human body uses 20 amino acids—the building blocks that form protein. They are found in a variety of food sources, including animals and plants. Essential amino acids are those the body cannot make itself, which means they must be taken in through food sources or supplements. They come primarily from animal sources like meat, as well as from dairy and eggs. The body can manufacture the remaining 10 nonessential amino acids. The problem is that many plant protein sources don't contain the full spectrum of essential aminos when eaten separately. This is why food variety and careful planning are so important.

Food combining is the concept that eating certain foods together over the course of a single day will help vegetarians get all the essential amino acids needed for proper growth, development, and health. For example, grains and cereals are very low in the essential amino acid lysine, while beans, peas, and peanuts are a rich source. Likewise, legumes don't contain the essential amino acids tryptophan, methionine, and cysteine, but nuts and seeds do; therefore they are complementary to each other. Some commonly recommended food combinations include black beans with rice, pasta with peas, and whole-wheat bread with peanut butter.

But not everyone agrees with the food-combining approach. "I think it's a wasted effort," says McGee. For many, worrying about food combining just overcomplicates the vegetarian lifestyle and reduces the chances of sticking with it, she notes. Instead, "Focus on taking in quality, natural food with all three macronutrients over the course of the day. This will best provide lasting energy and muscle-building nutrition."

Research published in *The Medical Journal of Australia* backs the idea that there is no need to consciously combine different plant proteins at each meal as long as a variety of foods are eaten

PROTEIN SUPREME

Digestibility of 13 favorite protein sources, from high to low

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1.0 SOY

1.0WHEY PROTEIN

1.0 CHICKEN, WHITE MEAT

0.92

O.91

.082

0.75BLACK BEANS

0.68KIDNEY BEANS

0.67NAVY BEANS

0.52

0.52

0.42 WHOLE-WHEAT BREAD





To keep the rest of your diet in balance, you still need a healthy mix of carbs and fats. Lisa Dorfman, R.D., author of *Legally Lean* and a vegetarian, recommends 1.5 to 2 grams of carbs per pound of body weight and 0.3 to 0.5 grams of fat per pound of body weight per day. For a 140-pound woman, that's about 210 to 280 grams carbs a day and 42 to 70 grams fat.

But the most detrimental mistake vegetarian women tend to make is not eating enough total calories—approximately 2,200 calories per day for a 140-pound woman exercising regularly, according to the U.S. Department of Agriculture.

Minding Missing Micronutrients

When looking at solid musclebuilding nutrition, it's not just about the macronutrients. You also need to consider vitamins and minerals.

Vegetarians—especially vegan athletes—should pay special attention to vitamin B12, a key nutrient found mostly in animal-derived and fermented foods. B12 is needed for the production of red blood cells, which transport oxygen to the muscle tissues. "Active women should consider at least occasionally supplementing with this important vitamin," notes McGee, who recommends getting about 10 micrograms of vitamin B12 daily.

Vegans may also struggle to get sufficient amounts of calcium. A study in the *American Journal of Clinical Nutrition* noted that calcium bioavailability in plant foods can be affected by their own oxalate and phytate content, which can hamper the absorption of the mineral. To cover your bases, aim for 250 to 300 milligrams of calcium per day in supplemental form.

The Take-Home Message

Vegetarian diets not only provide all the nutritional requirements to help you build lean muscle mass, they also leave you feeling great. "I trained for my last competition following a vegan diet and never felt better," says Adams. "My energy levels are amazing, my strength continues to increase, and I have very few cravings. I feel everyone can benefit from including more plant-based foods in their diet."

21 POWER FOODS

COMPLETE PROTEIN SOURCES

Quinoa (cooked) Buckwheat (cooked) Hempseed Chia Soy Ezekiel bread

IRON SOURCES

Spirulina Soybeans Pumpkin seeds Quinoa White beans Spinach (cooked) Lentils

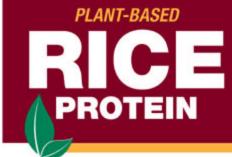
OMEGA-3 SOURCES

Flaxseed Chia seeds Hemp seeds

VITAMIN B12 SOURCES*

Eggs Whey-protein powder Milk Yogurt

*IF NOT A LACTO-OVO VEGETARIAN, SUPPLEMENTING WITH VITAMIN B12 IS RECOMMENDED.



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ONE MONTH, ONE GOAL:

30 DAYS TO A

Shape, lift, and round your booty with a targeted training program

BY BRET CONTRERAS, C.S.C.S. | PHOTOGRAPHS BY JAMES FARRELL

• IT'S TRUE: You WANT A BIGGER BUTT. It's one of the top workout requests that we get from readers. But we know it's not just size that matters—what you're seeking is a tight, toned, rounded rear, not a flat or flabby one. And our glute-centered guide will help you get it—in just one month. This 30-Day Glute Challenge was designed to hammer the gluteals with high frequency and volume, with three days of training followed by one off day. Each training session includes at least one exercise that targets the lower glutes and one exercise that targets the upper glutes. You'll do nine moderate- to high-rep sets each workout to optimize glute activation, metabolic stress, and time under tension while still allowing for quick recovery so that training can resume the following day. In addition, aim to do one to two hours of cardio per week. Try to choose incline treadmill walking, using the elliptical, or riding a stationary bike instead of running. Over the next few weeks, increase the amount of weight and/or reps for each exercise. Then get ready to put your backside front and center!

30-DAY BUTT

Do three sets of each of the three exercises given per day. Increase the rep count as you progress.

DAYS 1, 5, 9, 13,

Banded Goblet Squat (8 to 12 reps)

Barbell Glute Bridge (10 to 15 reps)

Banded Seated Hip Abduction (20 to 30 reps)

DAYS 2, 6, 10, 14, 18, 22, 26, 30

Dumbbell Reverse Lunge (8 to 12 reps)

B-stance Romanian Deadlift (8 to 12 reps)

Crouched Sumo Walk (20 to 30 reps)

DAYS 3, 7, 11, 15, 19, 23, 27

Elevated Glute Bridge (8 to 12 reps)

Reverse Hyperextension (20 to 40 reps)

Hip-hinged Abductions (8 to 15 reps)

DAYS 4, 8, 12, 16, 20, 24, 28

Rest

BANDED GOBLET SQUAT

(WORKS: GLUTES, QUADS, HAMSTRINGS)

- Place a miniband just below both knees and stand with feet shoulder-width apart and flared around 15 to 35 degrees outward. Hold the top of a single heavy dumbbell vertically in both hands in front of chest, elbows pointing down and tucked close to body.
- Lower down into a deep squat, bringing elbows inside knees as you push outward on the band with both legs. Keep feet flat on the floor and chest tall.
- Drive through the heels to come back to standing position.





V

BARBELL GLUTE BRIDGE

(WORKS: GLUTES, HAMSTRINGS)

- Lie faceup on the floor and place a barbell over hips. Keep knees bent and feet flat on the floor, hands wider than shoulder-width apart on the barbell.
- Flatten out your lower back (lumbar spine), tucking your tailbone under, and lift hips off the floor. Raise the hips as high as possible while squeezing glutes. Lower hips, touching the floor with each rep.



BANDED SEATED HIP ABDUCTION

(WORKS: GLUTES, OUTER THIGHS)

- Sit tall on a bench or platform with a miniband just below knees, feet hip-width apart. Pulse knees out to sides, keeping feet on the floor and knees bent.
- Lean forward while keeping back flat and abs engaged and repeat pulses out to sides.
- Finish the series by leaning back, placing arms on the bench behind you for support.







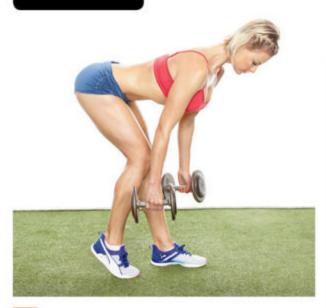
DUMBBELL REVERSE LUNGE

(WORKS: GLUTES, QUADS)

- Stand tall with feet hip-width apart, holding dumbbells at sides with palms facing body.
- Lunge back with right foot, bending both knees 90 degrees. The front of your right foot should line up with the back of your left foot. Keep left knee over ankle and left shin vertical as you lower right knee toward the floor.
- Step back to starting position and repeat for given reps; switch sides.







B-STANCE ROMANIAN DEADLIFT

(WORKS: GLUTES, HAMSTRINGS)

- Stand with feet hip-width apart, holding dumbbells at sides with palms facing in. Line the front of the right foot up with the back of the left foot and lift the right heel off the floor.
- Hinge forward from the hips, bringing weights toward the floor as you push glutes behind you, feeling a stretch along the hamstrings. Keep abs engaged and back flat, forming a straight line from head to hips.
- Straighten back to start, keeping heel raised. Repeat for given reps, then switch legs and repeat.



CROUCHED SUMO WALK

(WORKS: GLUTES, OUTER THIGHS)

- Place miniband around ankles and bring feet shoulderwidth apart. Stand tall with hands on hips, then bend knees in a quarter squat, hinging forward from hips; keep back flat and abs engaged.
- Step right foot out to right side, staying in quarter squat and bending forward from hips. Think about pushing your body away from the floor. Then step left foot in toward right. Repeat, stepping out again with right foot. Complete reps stepping to the right, then match reps stepping to the left.





ELEVATED GLUTE BRIDGE

(WORKS: GLUTES, HAMSTRINGS)

- Lie faceup on the floor next to the side of a weight bench with arms at sides, palms down. Place left heel on top of bench and raise right leg, knee bent.
- Lift hips and lower back off the floor, forming a straight line from knees to shoulders while squeezing the glutes. At the same time, bring right knee toward shoulders.
- Hold one count, then lower back without touching floor. Switch legs and repeat.



REVERSE HYPEREXTENSION

(WORKS: LOWER BACK, GLUTES)

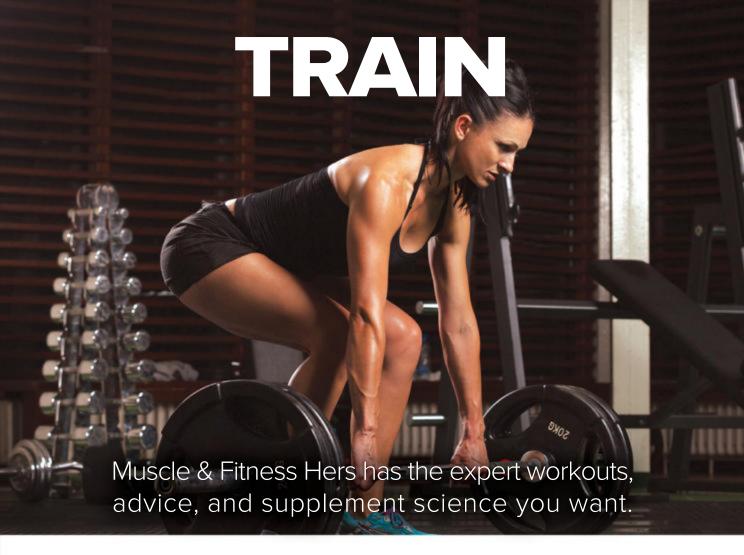
- Lie down placing torso over the top of an incline bench set to 45 degrees. Hold sides of bench for support and extend legs behind you toward floor.
- Lift heels above shoulders, keeping legs straight while squeezing glutes at the top of the movement and moving legs outward as they rise upward.
- Lower legs toward the floor and repeat.

ABDUCTIONS

- Stand with a miniband just below both knees, feet about hip-width apart and hands on thighs. Hinge forward from hips, sitting back to stretch the hamstrings while keeping back flat and abs engaged.
- Push knees out to sides while keeping feet flat, pushing against the band's tension. Return to center and repeat.







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BY RAZVAN RADU

AS AN ATHLETE,

you know how important protein is when it comes to performance. It's the foundation for quick muscle recovery after intense training, and athletes who train on a regular basis need more of the musclerepairing macronutrient. Even if you're not hitting the gym six days a week,

protein plays an important role in helping maintain muscle and keeping your body functioning at its best.

Over the years, supplement makers have come up with ever more creative ways to engineer high-protein products that get away from foods like chicken, fish, beef, or dairy.

From bars to powders to premade shakes, protein supplements remain some of the most popular items for athletes looking to stay on top of their nutrient needs. Now, one of the latest ways to get your protein while on the go may also be the most enjoyable. The tasty new Funnbar chews from BPI Sports let

you satisfy your sweet tooth guilt-free: They provide 15g of protein per 10 individually wrapped soft chews with only 15 calories, 2g of carbs, and 0g of sugar or fat per chew.

Funnbar chews



contain a proprietary blend of proteins. The dairy-derived milk-protein isolate and milk-protein concentrate contain 80% casein, best known for its slow-digesting properties, so your body receives small doses of protein for an extended period of time. The remaining proteins come from whey protein isolate and whey protein concentrate, which are absorbed by the body at a much quicker pace. Research shows this combination has an exceptionally high biological value and an abundance of branched-chain amino acids (BCAAs), so your body can better absorb nearly all the protein provided. BCAAs are also shown to reduce muscle breakdown, increase fat loss, and minimize fatigue.

Along with protein, Funnbar chews each have 1g of fiber, helping aid in digestion and keeping your appetite under control. They come in a variety of flavors, including Tropical Berry, Cookies and Cream, Caramel and Chocolate, Grape, and Citrus Blast. Since the chews are individually wrapped, you can eat a few and toss the rest in your gym bag—or nip a candy craving in the bud with this multitasking treat.

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